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NEWS WORTH SHARING.

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Set your clocks an hour ahead on Saturday night

New Whitecaps coach all about the attack

'Robbo' making his mark on the squad PAGE 29

Make way for We Day U.K.

Prince Harry and Malala Yousafzai to encourage youth at first We Day outside of North America PAGE 14

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THE 'APOLOGETIC' CAPTAIN CANUCK GETS REINVENTED FOR A WEB SERIES PAGES 24 & 25

Policy robs new mom of EI after layoff

Benefits. 'The rules are just patently unfair against women,' NDP MP says after hearing local resident's story

EMILY JACKSON
emily.jackson@metronews.ca

Sarah Markwick holds her 11-month-old son Elliott at their East Vancouver home. Markwick took a six-month parental leave and then returned to her job at a software company last October, only to be laid off four months later and denied EI. JENNIFER GAUTHIER/FOR METRO

Sarah Markwick never thought her six-month parental leave to care for her first child, Elliott, would make it impossible for her to receive employment insurance if she lost her job.

Yet that's exactly what happened to the 36-year-old after her position at a small software company was eliminated four months after she returned to work in October.

Even though Markwick paid EI premiums for three years on the job, shared parental leave with her husband to keep her foot in the workplace and worked 20 hours per week after her return, she did not accumulate the 665 hours required by the government to make a new EI claim.

"Somehow, taking a six-month leave from work to have a baby has opted me out of a support system I have paid into since I was 15," Markwick said from her East Vancouver home.

There are no exceptions to the EI rules for new parents who lose their jobs, Employment and Social Development Canada said in a statement.

"The requirement for claimants to work a certain number of hours before qualifying for employment insurance is fundamental to the EI program," said the statement.

Extensions to the qualifying period are sometimes given in case of illness or if an incarcerated person is later found innocent, but the government has no plans to amend the rules to help new parents like Markwick.

It's a policy that Vancouver East MP Libby Davies said she finds "disgusting."

"The rules are just patently unfair against women," Davies said from Ottawa Thursday, adding the NDP has numerous bills to try to make the EI system more accessible, particularly for women who often have part-time or seasonal work.

"It's a real shock for people. They've done everything right, they get laid off through no fault of their own and suddenly they find out what they thought was a social safety net, that they're paying for, doesn't apply to them."

Davies knows these words don't help Markwick, but she said the NDP has been trying for years to change the EI system that operates at a surplus.

For Markwick the situation has made her and her husband question whether to have another child, with the challenges of finding new work and daycare. She wants other parents to hear her story so they won't be surprised in case they lose their jobs after taking time off to have a baby.

"It's kind of scary," she said. "I never felt vulnerable as a member of society in Canada until I had a child."

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Putting on the pressure

B.C. teachers vote in favour of job action

The B.C. Teachers' Federation has a mandate to strike after its members voted overwhelmingly in favour of job action.

The union has voted 89 per cent in favour of job action, BCTF president Jim Iker announced late Thursday evening.

Iker said he hopes the vote will put more pressure on the government, which he accuses of not bargaining in good faith and putting an "insulting" initial offer before teachers.

"As teachers, we do not take job action, or even a vote on job action, lightly," Iker told media. "After a year of bargaining, the table needs pressure."

Of the 29,300 teachers that voted since March 6, 26,051 voted in favour of job action.

The first phase of any job action would be to administrate measures that wouldn't affect extra-curricular activities, report cards or classrooms, Iker said.

"For us, it's not about going on strike," Iker said. "The strike vote is the first stage to put pressure on. B.C. teachers have sent a very clear message to our government."

The BCTF says that the government's initial offer included no wage increases for two years and strips bargaining rights such as negotiating class size and composition.

Negotiations are set to continue Friday and into next week. The progress made during those talks will determine teachers' next step, Iker said.

MATT KIELTYKA/METRO

An artist's rendering of a store-within-a-store for liquor sales at grocery stores. COURTESY GOVERNMENT OF BRITISH COLUMBIA

Province outlines liquor sales in grocery stores

Target date of early 2015. Province's plans following last year's extensive liquor-policy reform process get mixed reception

MATT KIELTYKA
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Liquor is coming to a grocery store near you in early 2015.

The provincial government introduced its plans for a two-part model for liquor sales in grocery stores on Thursday, revealing for the first time that not all products will be restricted to a "store-within-a-store" model.

While stores-within-a-store will be prevalent, a limited number of new VQA licences will be granted to stores, allowing for certain B.C.-made wines and beer to be sold off grocery-store shelves without the need for a separate, secure area that's off-limit to minors.

"Our framework of liquor sales in grocery stores lays the foundation for a flexible and unique model that will continue to protect health and public safety, enhance convenience and choice for consumers and drive our economy forward," said Attorney General Suzanne Anton in a statement.

While the government is keeping a moratorium on the number of private liquor licences, it is eliminating the five-kilometre restriction on the movement of licences.

That means if a private liquor store moves or sells its licence, it can move anywhere else within the province.

The opposition NDP argued Thursday that could spell trouble for rural communities should licence holders chase profits in large cities.

The Alliance of Beverage Licensees of B.C. (ABLE) has been outspoken about many of the government reforms and shares the NDP's concerns.

"They're not expanding the marketplace, just expanding the retail opportunities," said ABLE director Dave Crown. "Everyone is just going to make less money."

Private store operators are also warning the price of liquor could spike depending on what the new, under-development Liquor Distribution Branch wholesale pricing model will be.

"We've seen it (in) Washington State and we've seen it in Oregon," said Crown.

Crown also believes happy-hour discounts on liquor could endanger public safety, especially in rural areas.

The measures are the first the government is putting into legislation after an extensive liquor-policy reform process led by parliamentary secretary John Yap last year.

Some reforms — such as lifting a ban on happy-hour specials, allowing beer and wine to be sold at farmers' markets and expanded special-occasion licensing — will take effect in the spring or summer of this year.

Campaign for Culture executive director Elin Tayyar supports the reforms, saying more lenient regulation and increased access benefits consumers, local producers, tourism and businesses.

"It's very positive and progressive. It eliminates any elements of the prohibition era," he said. "I'm looking forward to enjoying happy hour in the summer."

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Government acts.
Truckers, port officials to meet with a mediator

The federal government has assigned a mediator to the battle over wait times, compensation and working conditions between Port Metro Vancouver and hundreds of truckers.

Labour mediator Vince Ready will conduct an independent review to resolve the problems that led to a work stoppage by non-unionized truckers and the threat of a strike by Unifor-Vancouver Container Truckers' Association, Transport Canada announced Thursday.

Ready's review will provide recommendations by May 30 but his more immediate goal is to try to stop the impending strike.

The port, Canada's largest, is pleased at the development since the job action has "severely impacted" its operations.

EMILY JACKSON/METRO

Tragedy

Six-year-old drowns in Taylor Creek

A six-year-old boy drowned in Taylor Creek in North Vancouver Thursday afternoon, police reported.

North Vancouver RCMP responded to a call of a lost boy in the Bowron Court area and immediately began searching the surrounding wooded area.

"Within minutes, officers, with assistance from nearby neighbours, located and rescued the unresponsive six-year-old boy from Taylor Creek," RCMP said. Officers and the BC Ambulance Service conducted CPR on the boy until he was airlifted to BC Children's Hospital in Vancouver.

"Unfortunately, in spite of all emergency efforts, the six-year-old boy has died," police said, adding the creek was running fast from recent heavy rains. SAM SMITH/FOR METRO

Vancouver spends $7.5M on pedestrian safety

Enforcement. Making walking safe on city streets is a vital issue, mayor says

KAYLA ISOMURA
vancouver@metronews.ca

Vancouver has spent $7.5 million improving pedestrian safety over the past two years, hoping to reduce the number of pedestrian fatalities in the city to zero.

Vancouver Mayor Gregor Robertson announced Thursday morning that by the end of 2014, 44 priority locations will have completed safety improvements.

"One of the city's most important issues (is) making walking safe on our streets," he said. "We need to invest on the engineering side and make sure there's enforcement for those who are breaking the laws.

Mayor Gregor Robertson, left, announced Vancouver's progress in making the city safer for pedestrians. KAYLA ISOMURA/FOR METRO

"As a city we have a big goal to have zero pedestrian fatalities in the future and there's no reason we can't achieve that."

Improvements have already been made at 30 of the priority locations to improve lighting and sidewalks, lower speed zones, lengthen crossing times and improve left-hand turns.

ICBC road safety director John Dickinson said an average of 562 pedestrians are injured and an average of nine killed each year in Vancouver. So far in 2014, there have been zero pedestrian deaths, according to VPD.

While Dickinson said ICBC has also invested money in road improvement projects in Vancouver, "it comes down to our own behaviour on the road."

According to Dickinson, the three main causes of accidents are speed, impairment and distractions.

Road deaths

According to the Vancouver Police Traffic Section, 20 pedestrians died in 2005. While the numbers have since decreased, pedestrians continue to make up the majority of road user deaths.

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Nurses rally for better patient care, staffing

Provincewide problem. 'Everywhere I go ... I see fewer nurses caring for more patients': BC Nurses' Union president

Rows and rows of nurses marched from the Hyatt Hotel to the Vancouver Art Gallery in solidarity to spread one simple message: The province needs more nurses and better health care.

Debra McPherson, president of the BC Nurses' Union, led the rally alongside representatives of nurses' unions from Ontario and Alberta.

"Everywhere I go across the province I see fewer nurses caring for more patients," McPherson said, followed by the crowd chanting back, "Shame."

Across the province, nurses are working short-staffed and it's reached a point where the nurses' union is demanding increased staffing, and now, McPherson said.

"The BC Nurses' Union and its 42,000 members provincewide will not be gagged," she said. "We are not afraid to speak out the truth about our patient care and what our patients are suffering right now."

Linda Silas, president of the Canadian Federation of Nurses Unions, also spoke at the rally.

"The risk to patient care due to budget driven cuts is unacceptable," Silas said.

Across the country, 12,000 full-time equivalent hours are spent on overtime work, or roughly $950 million, according to Silas.

SAM SMITH/FOR METRO

Nurses march through downtown Vancouver Thursday in protest of staffing levels. SAM SMITH/FOR METRO

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Playoffs a done deal?

Mayor predicts Whitecaps to be Cascadia Cup champs

Host nation

Vancouver is poised to be one of six cities hosting the Women's World Cup, joined by Edmonton, Winnipeg, Ottawa, Moncton and Montreal.

The season hasn't even started for the Vancouver Whitecaps, but Mayor Gregor Robertson is already calling for a solid season filled with championship cups and an exciting playoff run.

"They've had a very exciting team these past few years and I think with a solid base and the new signing of Pedro Morales, we got a good shot at a big season," he said.

Not to put too much pressure on the team, but Robertson thinks the Whitecaps will walk away with the Cascadia Cup, which is awarded to the team with the best head-to-head record in regular season matches in the Pacific Northwest.

He's also eyeing some particular games versus Toronto and Seattle.

"I love the rivalries with Toronto and Seattle, those are my favourite cities to rally against," Robertson said. "Seattle's tough, they're such rowdy fans and they drive us crazy when they're in our town."

All in all, Robertson expects his team will have a big year filled with exciting games, tough matches and big rewards

Moving past the regular Whitecaps season and on to World Cup news, Robertson said the city is looking at the possibility for a public viewing of the game similar to the set-up in 2010.

"Hopefully we can recapture the magic for the Brazil World Cup," he said. "And I think everyone's getting excited about the 2015 Women's World Cup." SAM SMITH/FOR METRO

'Still a struggle'

International Women's Day rally and march on Saturday

A dozen women's rights and social organizations are expected to gather outside of the Vancouver Art Gallery 1 p.m. Saturday for International Women's Day.

Host organizations plan to rally and march in support of solidarity, with a similar message from last year's event. "This year we're uniting toward our liberation and struggle for social and economic justice," said Alliance for People's Health organizer Martha Roberts. "The history of the feminist is still a struggle." KAYLA ISOMURA/METRO

Independent inquiry?

Sawmill blast survivors at B.C. legislature

Injured workers from Burns Lake and their families are at the B.C. legislature today to call for an independent inquiry into the 2012 explosion at the Babine Forest Products sawmill that killed two workers and injured 20 others. Family members of two workers killed in a second blast at the Lakeland Mills sawmill in Prince George a few months later will also be at the legislature. Labour Minister Shirley Bond says she is willing to meet with the delegation today, but says an independent inquiry is not what's required. THE CANADIAN PRESS

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13 years later. Texas man can be tried as adult for childhood attack: Judge

A Texas man accused of dousing a boy with gasoline and setting him on fire when he was a teenager can be tried as an adult for murder after the victim died from his burns 13 years later, a judge ruled Thursday.

Authorities allege that Don Willburn Collins was 13 when he attacked Robert Middleton in 1998 on his eighth birthday near the younger boy's home northeast of Houston. Middleton was burned across 99 per cent of his body and endured years of physical therapy before he died in 2011 from skin cancer blamed on his burns.

Colleen Middleton, Robert's mother, said she was relieved the case would go to trial.

"When Robert died we were thinking maybe nothing will ever happen, maybe someone is just going to get away with what they did to him," she said.

Don Willburn Collins
THE ASSOCIATED PRESS

"It's been a long road."

Shortly before he died, Middleton gave a videotaped deposition in which he accused Collins for the first time of sexually assaulting him two weeks before the attack. The sexual assault allegation prompted investigators to reopen the case.
THE ASSOCIATED PRESS

Pretoria court. Pistorius prayed next to his shot girlfriend, says witness

As the girlfriend he shot in the head lay dead or dying in his home, a weeping, praying Oscar Pistorius knelt at her side and struggled in vain to help her breathe by holding two fingers in her clenched mouth, a witness testified Thursday at the double-amputee runner's murder trial.

"I shot her. I thought she was a burglar. I shot her," radiologist Johan Stipp, a neighbour, recalled Pistorius saying. The worried neighbour had entered Pistorius's home after hearing screams. By that time, the celebrated athlete had carried Reeva Steenkamp's bloodied body downstairs following the fatal nighttime shooting in his bathroom.
THE ASSOCIATED PRESS

Murder charge

Pistorius is charged with premeditated murder after shooting Steenkamp three times out of four shots through the toilet door, with prosecutors trying to build a case that the Olympian intentionally killed Steenkamp after a loud argument.

Ukrainian riot police officers block pro-Russian supporters of activist Pavel Gubarev during a rally in Donetsk, Ukraine, Thursday. Ukraine lurched toward breakup Thursday when lawmakers in Crimea unanimously declared they wanted to join Russia. SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

Crimea sets vote to break from Ukraine

Russian power play. West answers Crimea's move with sanctions

Ukraine lurched toward breakup Thursday when lawmakers in Crimea unanimously declared they wanted to join Russia and would put the decision to voters in 10 days — and Russian lawmakers pushed a bill to facilitate a handover.

U.S. President Barack Obama condemned the moves and the West answered with the first real sanctions against Russia.

Speaking from the White House, Obama said any decisions on the future of Crimea, a pro-Russian area of Ukraine, must include the country's new government.

"The proposed referendum on the future of Crimea would violate the constitution and violate international law," Obama said. "We are well beyond the days when borders can be redrawn over the heads of democratic leaders."

Russian President Vladimir Putin's hand was almost certainly behind Thursday's dramatic developments, but it was not clear whether he is aiming for outright annexation, or simply strengthening his hand in talks with the West.

The White House moved to impose financial sanctions and travel restrictions on opponents of Ukraine's new government and the EU also announced limited punitive measures against Putin's government, including the suspension of trade and visa talks. Both Washington and the EU said they were discussing further sanctions.

Crimea's parliament rammed through what amounted to a declaration of independence from Ukraine, announcing it would let the Crimean people, 60 per cent of whom are ethnic Russian, decide whether they want to become part of their neighbour to the east. THE ASSOCIATED PRESS

Canada's stance

'Illegal' occupation

Crimea is under "illegal military occupation" and Canada will not recognize its forthcoming referendum on whether to join Russia, Prime Minister Stephen Harper said Thursday. Harper described Russia's invasion of Ukraine as an act of aggression and a clear violation of Ukraine's sovereignty and international law. THE CANADIAN PRESS

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From 'high risk' to hopeful

International Women's Day. Lawrence Hill, author of The Book of Negroes, writes about his experience volunteering with girls at high risk for sexual assault and HIV exposure

LAWRENCE HILL
For Metro Canada

As International Women's Day approaches, I wonder how many Hillside High Schools exist in the world. But I would bet good money that there is no Hillside High School like the one I saw in Manzini, Swaziland.

In early February I had travelled to Swaziland as a volunteer to support the work of Crossroads International and its local development partner, the Swaziland Action Group Against Abuse (SWAGAA).

The girls greeted me by singing at the top of their lungs. There were nearly 100 girls crammed into a room with no open windows. Finally, a teacher held up her hand, brought the singing to a halt and asked what was on the girls' minds lately.

The answers came ringing out lucidly and unadorned: Was it appropriate for a high school girl to take up with a sugar daddy? What if they were exposed to HIV and died like their parents? What about teenage pregnancy?

Swaziland has the highest rate of HIV in the world, and young women are the hardest hit of all.

According to a study in 2008, 37 per cent of girls between 15 and 19 have HIV. In Swaziland, one girl in three will be sexually abused before age 18. The wave of sexual violence is so unrelenting that SWAGAA has created a network of "girls' empowerment clubs" to teach girls about their legal rights, issues of sexual reproductive health, and the need to oppose and report abuse.

Author Lawrence Hill with a girls' empowerment club in Swaziland. COURTESY CROSSROADS INTERNATIONAL

The day after I visited Hillside High School, I gave a creative writing workshop. Almost every girl in the group of 20 spoke or wrote about sexual assault. One girl began a writing exercise with these words: "Darkness has been my only mentor."

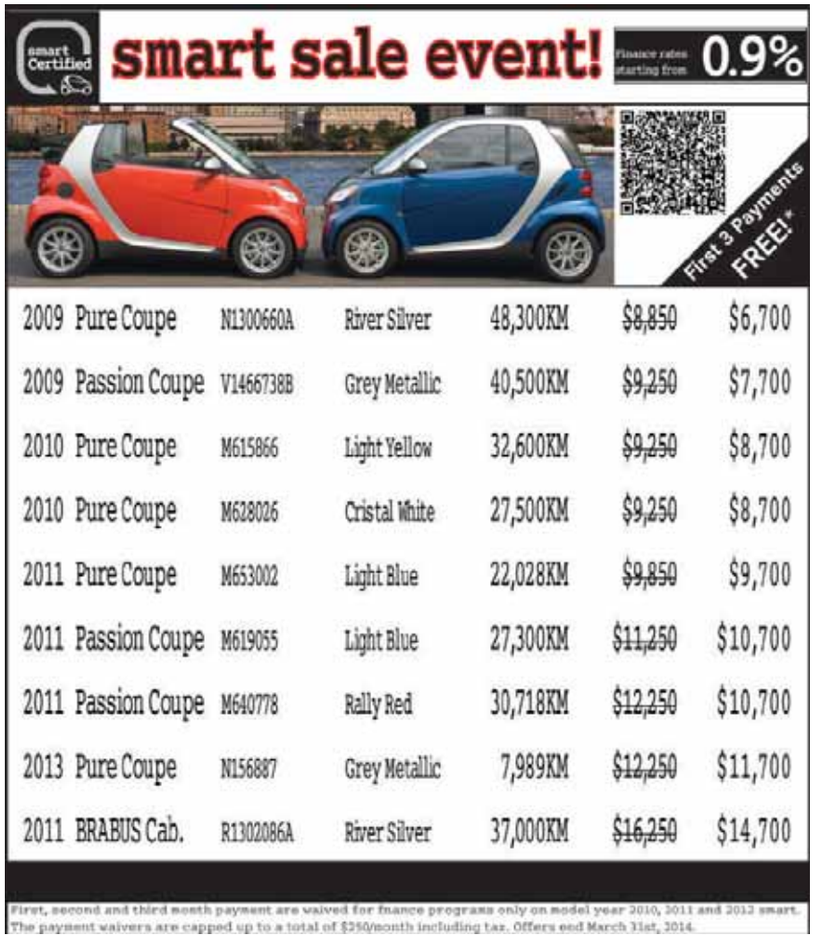
Crossroads International, a small Canadian NGO I have been supporting as a volunteer for 35 years, directs its development activities to girls and women in various African countries and in Bolivia.

In the case of Swaziland, the girls' empowerment clubs "are saving lives," says SWAGAA executive director Cebile Manzini-Henwood.

"There is urgency in the need to address sexual violence against young girls in my country, to teach them about practices that constitute gender-based violence and provide a safe space for them to report the violations and receive care, love and support."

On the eve of International Women's Day, let's remember girls and women around the world when we are donating from our own pockets and channeling Canadian-led development efforts.

CANADIAN WRITER LAWRENCE HILL FIRST TRAVELLED AS A CROSSROADS INTERNATIONAL VOLUNTEER TO NIGER IN 1979. HE IS AN HONORARY PATRON OF CROSSROADS INTERNATIONAL. HE VISITED SWAZILAND IN FEBRUARY, AFTER SPENDING TWO WEEKS IN SOUTH AFRICA FOR THE FILMING OF THE TV MINISERIES ADAPTATION OF HIS NOVEL THE BOOK OF NEGROES.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PM's ex-adviser under illegal lobbying probe

Serious allegations.
Harper's former senior staffer faces new RCMP investigation

The RCMP is probing serious new allegations of illegal lobbying by a former senior adviser to Prime Minister Stephen Harper in connection with his work for a powerful business-funded energy advocacy group in Calgary.

The RCMP says that after Bruce Carson left the PMO he steadily worked federal Conservative contacts at the top-most levels to influence the development of a new national energy strategy and got handsomely paid for it, contrary to the criminal code and lobbying laws that ban lobbying within five years of holding a public office.

The revelations raise fresh and troubling questions about the access that Carson, a once disbarred lawyer, had to top officials in the Conservative government without anyone suggesting it might breach the Conservatives' own rules.

"None of them blew the whistle," said NDP ethics critic Charlie Angus. But Harper's parliamentary secretary shrugged off Opposition questions in the Commons Wednesday; first saying Carson is "a private citizen," then claiming the government did refer his activities to federal authorities.

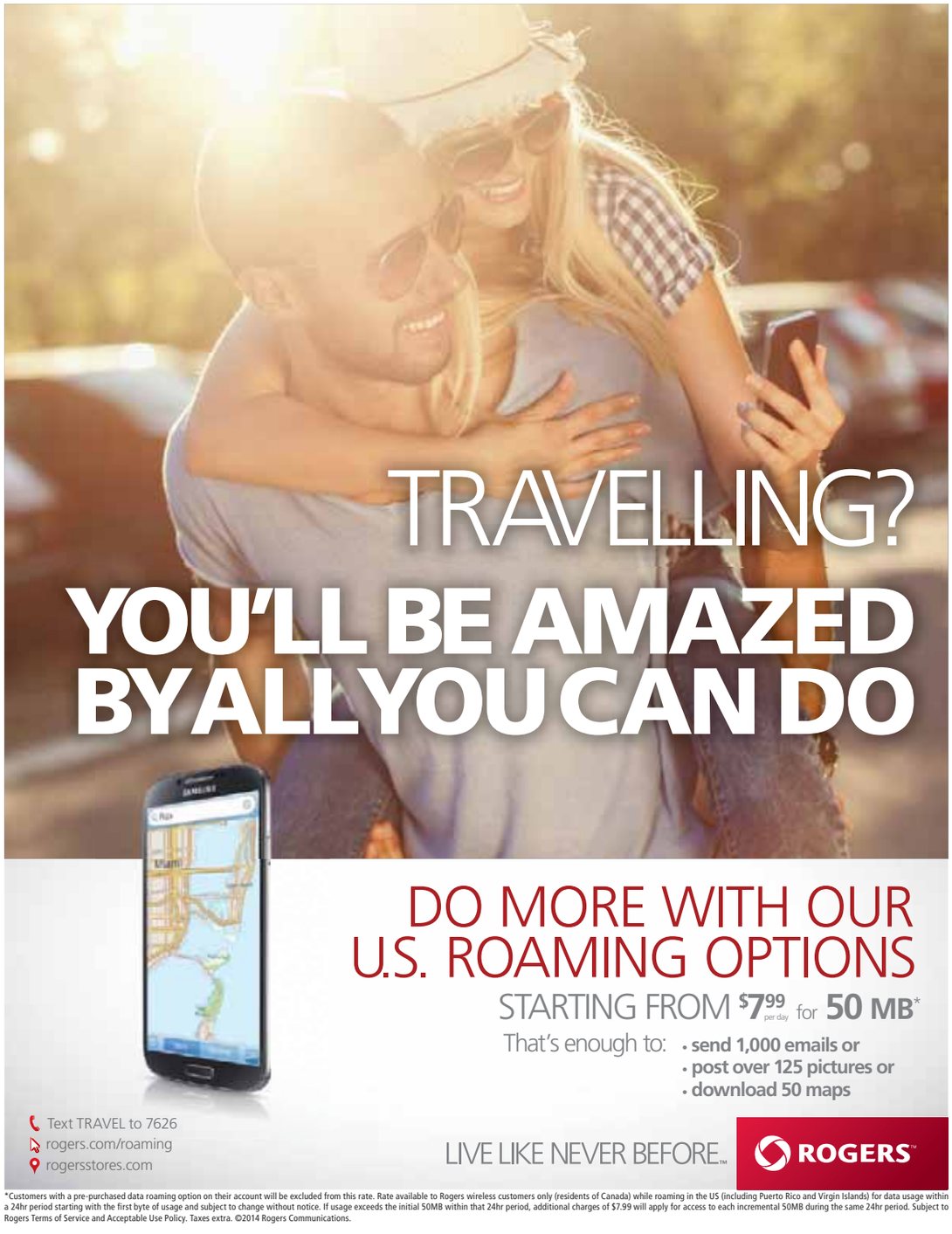
"If this gentleman is found to have broken any laws, he should suffer under the full consequences of the law," said MP Paul Calandra.

In fact, documents show the federal lobbying commissioner initiated in November 2011 her own probe of Carson's questionable lobbying activities for the Canada School of Energy and Environment as well as a business-funded group calling itself the Energy Policy Institute of Canada or EPIC. Karen Shepherd finally referred the allegations to the RCMP in July 2012.

TORSTAR NEWS SERVICE

Connections

It's a sign of how well-connected Carson was that emails eyed by the RCMP tie him to many senior Conservative and Liberal contacts, including Harper's top public servant Privy Council clerk Wayne Wouters and former chief of staff Nigel Wright.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Oil was as flammable as gas

In this July 6, 2013 file photo, emergency workers examine the aftermath of a train derailment and fire in Lac-Mégantic, Que. A new report from the Transportation Safety Board says the oil on board was more volatile than documented, and was as flammable as gasoline.

RYAN REMIORZ/THE ASSOCIATED PRESS FILE

Privacy

Tight-lipped telecom industry

Privacy advocates say they're disappointed with vague responses from Canadian telecommunication companies about when and how they hand customer information to police and security agencies.

Researcher Christopher Parsons, who helped lead the effort to find out more about the practices, says just 10 of 16 Internet and telephone companies responded to a January questionnaire.

THE CANADIAN PRESS

Montreal

All nuit long

If a pilot project being proposed by Mayor Denis Coderre is successful, Montrealers might be able to drink till dawn.

Coderre says he doesn't see any reason why watering holes shouldn't be allowed to sell booze until 6 a.m. — a three-hour extension of current licensing laws. If it's ever allowed, there would only be a two-hour gap when bars couldn't serve alcohol — between 6 a.m. and 8 a.m.

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We Day is heading across the pond to its inaugural U.K. event — the first outside of North America — this Friday at Wembley Arena in London. It's expected 12,000 students (including 130 from Canada) and teachers from more than 380 schools will be in attendance ... along with Prince Harry and a number of other celebs.

The Canadian invasion

We Day lands in the U.K. Inaugural event hopes to leave British youth with an infectious message of doing good

VAWN HIMMELSBACH
For Metro Canada

Each year, EF's Global Citizen Scholarship is awarded to 10 students across Canada who demonstrate a passion for global citizenship. And this year, the winners are heading to London and Berlin to participate in We Day U.K. and EF's Science & Innovation Summit in Berlin.

"What's unique about this event is that we have over 130 students from Canada joining with EF Tours to experience our first international We Day event and share their excitement with students in the U.K. who get to see it for the first time," said Craig Kielburger, international activist and co-founder of Free The Children.

Prerana Gambhir, a Grade 12 student with Fraser Heights Secondary in Surrey, B.C., is one of those 10 scholarship students. Gambhir, 17, is head of her school's global issues club and head delegate for the model UN.

Romeo Tello, a councillor with the City Youth Council of Toronto, is hyped to exchange ideas with other youth at We Day U.K. PHOTOS CONTRIBUTED

This year, the club is focused on women's empowerment; they're fundraising to support two girls' education in Tanzania and using any excess funds they raise to support micro-financing projects for women in developing countries.

As an immigrant to Canada, Gambhir says she realizes the importance of a free education. "I wanted to contribute and do my bit," she said.

In addition to fundraising through Free The Children's We Are Silent and We Scare Hunger campaigns, the global issues club has also created its own campaign called Five Days of Fire — a five-day competition that includes food and games.

Quoted

"What you want to do is help (recipients) create a self-sufficient lifestyle."

Prerana Gambhir, a grade 12 student who is passionate about sustainability issues

Prerana Gambhir is the head of her school's global issues club.

Gambhir feels strongly about the topic of sustainability. A lot of people feel they're doing their part just by raising money, she said, "but what you want to do is help (recipients) create a self-sufficient lifestyle."

With We Day U.K., it means getting that message across to an even larger audience.

Gambhir is excited to see education activist Malala Yousafzai at the event. "I've heard her speeches in the UN and her stories are truly moving," she said. She's also excited to see Evanna Lynch, who plays Luna Lovegood in the Harry Potter movies. "I'm a huge Harry Potter fan," she added.

Romeo Tello, a Grade 11 student with Monarch Park Collegiate in Toronto, is also on his way to London on scholarship. Tello, 16, is a councillor with the City Youth Council of Toronto, working with local reps on community issues and campaigns. His efforts have led, for example, to the extension of library hours in his community.

He also works with the school's Free the Children club, Minga. Last year, the club sent a group of students to India to help build a school; students are currently raising funds to build a school in Ecuador.

"I'm one of those more fortunate youth who got to see We Day grow into what it is now," said Tello. "I've been to one of the first We Days in Toronto and now I get to go to the first international one."

Like Gambhir, he's excited to see Yousafzai at We Day U.K.. But he's also hoping the trip will spark ideas through collaboration with like-minded youth — sort of like an informal forum of ideas.

"In my school we're all from the same neighbourhood — the discussion is pretty similar," said Tello. "These are nine other people from different areas of the country and our views will be different, our strategies will be different ... and hopefully some tangible strategies will come out of that."

We Day U.K. 101

- Co-chaired by Holly Branson and Lord Rumi Verjee, We Day U.K. features actress Jennifer Hudson, songstress Ellie Goulding artist Dizzee Rascal, and Malala Yousafzai, the international education activist and co-founder of the Malala Fund.
- Free The Children is one of the world's largest youth-driven charities. So far, it's helped to build more than 650 schools, providing education to 55,000 children, in eight developing countries.
- We Day is free to attend; schools earn their tickets by taking action in local and global communities.
- "We have students coming from all over England, Wales, Scotland, the Isle of Man, Northern Ireland and even the Republic of Ireland," said Craig Kielburger. "The young people in the U.K. are already incredibly creative and engaged in service actions and we can't wait to see the impact the first We Day event will have on them."

Malala Yousafzai GETTY IMAGES

So did the chicken or egg get there first?

Hannah Owen says her experience with Free the Children spurred her on to start her own fundraising efforts. PHOTOS CONTRIBUTED

In 2010, Hannah Owen went to Rwanda with her dad, actor Clive Owen. She was 13 years old. They were there as guests of Aegis Trust, a British NGO that campaigns to prevent genocide.

It was a life-changing experience. "I had been opened up to the world of Africa ... but I never really had the experience of youth empowerment," she said. It was a trip to Kenya a year later with Me to We — to visit a Free The Children development — that helped her see how youth could make a difference.

"It had the most incredible impact on me," said Owen. "It completely changed my perspective on what is possible."

When she returned home, she started her own fundraising efforts. A conversation with friends turned into a chicken-and-egg race with her sister through the streets of London (each dressed in a costume) to see who would come first: the chicken or the egg. "It was completely bonkers," she said, adding that they managed to raise $5,900 that went toward education in Kenya. Over the past three years, Owen estimates she's helped to raise about $18,500 for various causes.

Hannah and her sister competed in a chicken and egg race through London to see who would finish first.

She's particularly excited to hear Malala Yousafzai speak at We Day U.K. Of course, she'll also be there to see her dad take the stage.

"He has pushed me and opened the doors to that world," she says of her dad.

As for We Day U.K., Owen believes it's going to have a big impact on British youth.

"It will be a spark for an amazing cloud of positivity around the U.K."

VAWN HIMMELSBACH/FOR METRO

Online

Visit metronews.ca Friday afternoon for more coverage from the very first We Day in the U.K.

- Red carpet arrivals
- Photo galleries from the event
- An extended audio interview with Hannah Owen

Student debt

Flinging up his $5,400 grad cap

A University of Michigan-Flint senior has taken a chunk out of his tuition debt by selling ad space on his graduation cap.

The Flint Journal reported Alex Benda had raised $5,400 US as of Thursday.

The 22-year-old is looking to rent out as much of the 100 square inches of space on his graduation cap as he can before walking across the stage to receive his degree at Perani Arena on May 4.

The idea is to cut down on his $30,000 US student loan debt. The pledges so far have come from 45 backers on Benda's GoGetFunding project web page.

The yield already has exceeded Benda's expectations. He figured he would raise a few hundred dollars, primarily from family. THE ASSOCIATED PRESS

Market Minute

DOLLAR
90.98¢ (+0.38¢)

TSX
14,271.92 (-32.25)

OIL
$101.56 US (+$0.11)

GOLD
$1,351.80 US (+$11.50)

Natural gas: $4.64 US (+$0.07)
Dow Jones: 16,421.89 (+61.71)

What were Coke execs on when they came up with this ad?

A Diet Coke ad is seen at 84th Street and First Avenue in New York City. While Coca Cola insists its new campaign is about life's big and small "You're on" moments, many are finding it hard to ignore the phrase's more colloquial meaning — namely, you're on drugs.

DAVID ROTH/FOR TORSTAR NEWS SERVICE

Could Mattel deal earn Girl Scouts a Bad Idea patch?

Activist. The Barbie participation patch would transform little girls into 'walking ads'

Can I get a patch for 'idealizing an impossible body type'?

MARK LENNIHAN/THE ASSOCIATED PRESS

America's top doll, Barbie, finds herself in controversy once again, this time over a business partnership between her manufacturer, Mattel, and the Girl Scouts.

On Thursday, two consumer advocacy groups often critical of corporate advertising tactics — the Campaign for a Commercial Free Childhood and the Center for a New American Dream — criticized Barbie as a flawed role model for little girls and launched a petition drive urging the Girl Scouts of the USA to end the partnership. The Girls Scouts said they would not do so.

The Girl Scouts' partnership with Mattel, announced last August, includes a Barbie-themed activity book, a website, and a Barbie participation patch — the first Girl Scout uniform patch with corporate sponsorship.

"Holding Barbie, the quintessential fashion doll, up as a role model for Girl Scouts simultaneously sexualizes young girls (and) idealizes an impossible body type," said the director of the Boston-based commercial-free childhood organization. THE ASSOCIATED PRESS

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Judy Jobse, Service Manager
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March 8

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THAT TIME WE BROKE TWITTER

THE METRO LIST

Mike Benhaim
metronews.ca

1 Celebrity selfie. It was bound to happen, and the world can thank Ellen DeGeneres for being the first to discover that if you take a picture with the world's biggest stars on live TV, and then challenge those viewers to break a retweet record, and it's free ... somebody's setting a new retweet record. #OscarSelfie

2 Mayor of late night. Jimmy Kimmel's most talked-about guest was Toronto's Rob Ford. Kimmel poked some fun and showed a video montage of the mayor's various missteps, read him a letter from an angry Torontonian, and grilled him until the mayor was literally sweating. Among Ford's top comments were "the apologies are over, I'm moving on," "I wasn't elected to be perfect," and the golden quote, "Actions speak louder than words." Oh, I'm done.

3 Pardon my French. Quebec Premier Pauline Marois, hoping to capitalize on recent polls putting her ahead of the Liberals, has called an election. Her goal is to achieve a majority government that will allow her to adopt her controversial Charter of Quebec Values. *No hashtags were suitable for print.*

4 Academy hustle. Fans of American Hustle were disappointed as the film's 10 nominations yielded zero wins. It never had a chance as host Ellen DeGeneres pointed out with my favourite line of the night: "Possibility number one, 12 Years A Slave wins best picture. Possibility number two, you're all racist."

5 Frosty tweets. Checking my Twitter account (@TheMetroList) while crossing the street, I stepped into a pothole that filled my boot with freezing water as a truck passed by splashing slush over the entire right side of my body, and the hashtag staring back at me was #SpringForward. Terrific. One less hour of bed rest.

6 The Voice. In this week's blind auditions, one mentor reigned supreme, collecting artist after great artist with nothing but his three previous wins and the promise of a good time. Of all the musical talent on the panel, that man was the quick-witted and charismatic Blake Shelton. #TeamBlake

7 Dancing With the Stars. ABC revealed their lineup for the upcoming season. Contestants include: Danica McKellar of The Wonder Years, Candace Cameron Bure of Full House, Drew Carey, and Diana Nyad who swam from Cuba to Key West last year. Hashtag is #DWTS because it's shorter than #DancingWithPeopleYouNeverHeardof,orForgot.

8 Puck daddy. The Vancouver Canucks traded goaltender Roberto Luongo to the Florida Panthers, tweeted his picture with the quote, "This caught me off guard, but I'm excited. I'm going home." then deleted it! No one knows why, but it spawned a barrage of creative tweets including one with Luongo's face on a 'Get out of jail free' card, referring to Vancouver's escape from the 35-year-old's 12-year contract that still has eight years to go.

ZOOM

How does this sound to you?

COURTESY LICKSTER

3D-printed cone is music to the ears

The greatest taste experiences can feel like sweet music, and one of mankind's favourite treats can now provide a soundtrack. Ice cream that can be played as an instrument, with tongue-activated sensors in a 3D-printed cone sending signals to a computer that plays "sounds reminiscent of winter icicles and slippery surfaces."

METRO

Q & A

Heightened senses

Metro spoke to designer Emilie Baltz

What considerations are there when matching a foodstuff to a music experience?
Our goal with performance food experiences is to study the relationship between the senses. It is challenging to say there is a 'should' involved in pairing sound with food. Anything can be paired with anything; the interesting piece is the resulting emotion that is created from the mixture. Food is such a subjective, complex experience that each person reacts differently.

What other foods do you think would work well with musical accompaniment?
We tried marzipan, dough, cocktails, sodas and even the rogue jar of peanut butter, which did not work. Seeing as music is a rhythmic experience, the foodstuffs that beg for repetitive actions — like licking — for their ingestion are perfectly suited.

Clickbait

IRENE KUAN
Metro Online

ISTOCKIMAGES

Everybody likes a deal, and if clipping coupons is not your thing, here are some websites and apps that help you find promo codes for everything from your groceries to Internet purchases.

Checkout51:

Get grocery coupons with this app. New offers are loaded every Thursday, offering savings for brand name items you purchase from grocery and drug stores. Once your account reaches $20, they will mail you a cheque.

Promofly:

Use this free online tool to find promo codes for thousands of websites. You will need to sign up and save the Promofly bookmark. Whenever you online shop, you can use the generator to find you coupon codes.

Comments

RE: Napping On Vancouver Transit? Smile For The Camera! Published March 3

This should not be allowed.. I for one would not want someone snapping a photo of me and posting it on the internet for everyone to see. These people deserve privacy, instead of being ridiculed.
Tuccy posted to metronews.ca

I don't think it's a big deal. The pictures aren't inappropriate, it's just a snapshot of what everyone else on the train is seeing. If you're falling asleep on public transportation and you think you deserve privacy, erm....stay awake? Go to sleep at home?? ? There's hardly a breach of privacy here.
RainyDays posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: vancouverletters@metronews.ca

metro
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Synopsis

Based on characters from The Rocky and Bullwinkle Show, the movie stars the voice of Modern Family's Ty Burrell as Mr. Peabody, a beagle who is also the world's smartest being. Imagine Family Guy's Brian with less attitude but more PhDs. When his adopted son Sherman (Max Charles) bites schoolmate Penny (Ariel Winter) Peabody tries to smooth things by throwing a dinner for Penny's parents (Stephen Colbert and Leslie Mann). His party plan is almost derailed when Sherman and Penny hijack the WABAC device, a time machine that takes them to ancient Egypt and the Trojan War. Can Mr. Peabody rescue them before Penny's parents notice she's gone and the space-time continuum is irreparably destroyed? Steve Gow sits in for Mark Breslin this week.

- Richard: ●●●●○
- Mark: ●●●○○

Mr. Peabody & Sherman opens this weekend. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Every dog has its day

Mr. Peabody & Sherman. Family flick still cuts clever for the adults in the theatre

Richard: Steve, Mr. Peabody & Sherman lacks the political bent of the original Jay Ward cartoon series, but it is loaded with references from literature, history and popular culture. It's the only kid's movie with an Oedipal joke and I can't imagine a Minion punning, "Marie Antoinette could have kept her head if she had issued an edict to distribute bread to the poor. But you can't have your cake and edict too." Which means it is stuffed with the spirit of Ward, which is a good thing, even if it does veer off path with a sentimental father and son subplot. What did you think?

Steve: I agree 100 per cent, Richard. In fact, by dipping its proverbial toe into that father-son subplot, the film dares to touch on what other family films like Finding Nemo or The Incredibles have done better. Still, the movie's meteoric pace never lingers too long on any facet of the film and its niche truly is the ceaseless nods to historical events. My favourite had to be a clever throwback to Spartacus.

RC: I know the history element sounds dangerously educational for a mainstream kid's flick, but the movie's trips back to ancient Egypt, the Trojan War and Leonardo Da Vinci's studio where they discover the secret of Mona Lisa's smile are really fun. They are made doubly so by great voice work. As the dim witted general Agamemnon, Patrick Warburton really stands out. He started the confident dumb guy routine on Seinfeld (as Elaine's on-and-off boyfriend Puddy) and uses it to hilarious effect here.

SG: And for those who remember the old Bullwinkle series, Ty Burrell does a pretty decent job voicing the movie's canine savant. Even more successful are the comedy's captivating visuals, especially the way director Rob Minkoff works the 3D to capture the measure of epic Trojan battles or travelling through the time-space continuum and not simply for eye-catching sight gags.

RC: The animation is top notch and like the best of Ward's work, Mr. Peabody & Sherman realizes that the material has to work on multi levels, the surface and the satirical. Like The Lego Movie, I think this movie will appeal to kids and adults.

SG: Again, I agree. The movie is a peppy, playful ride through history for all ages. In fact, it probably won't hurt either that most everyone in the audience will barely remember the old Bullwinkle cartoon.

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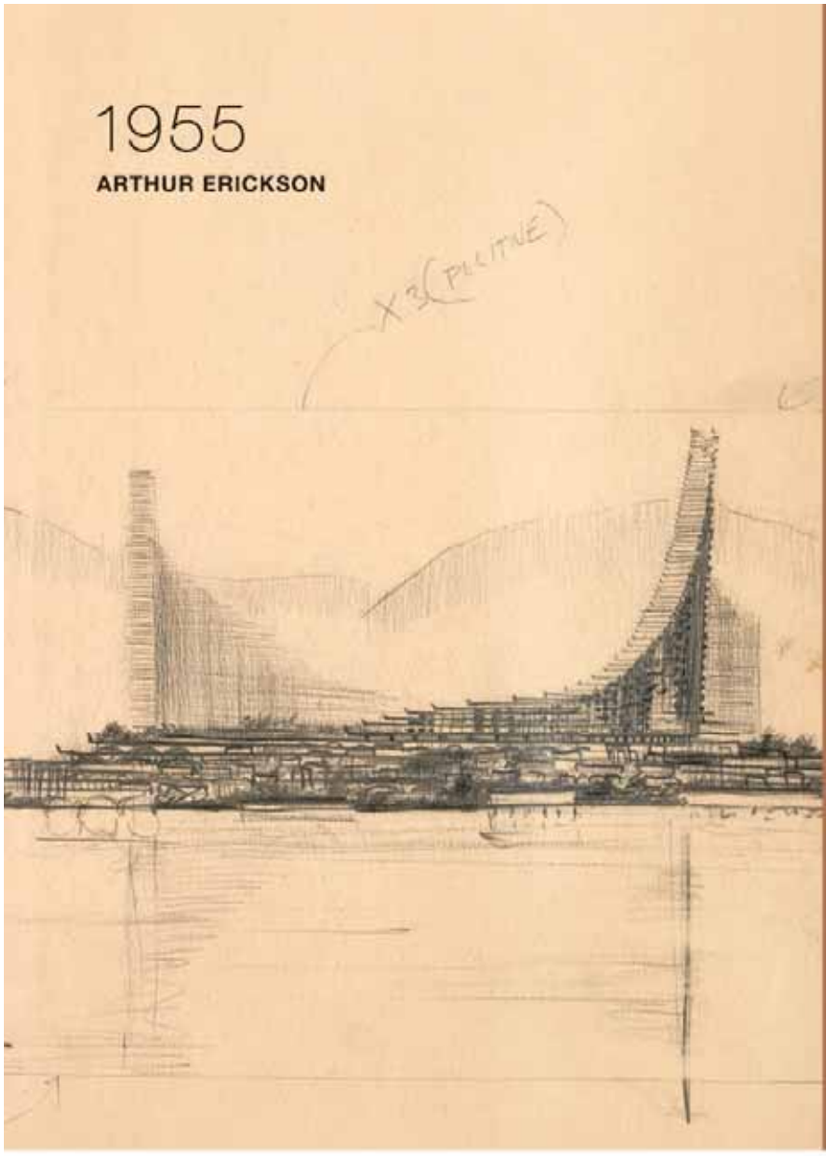

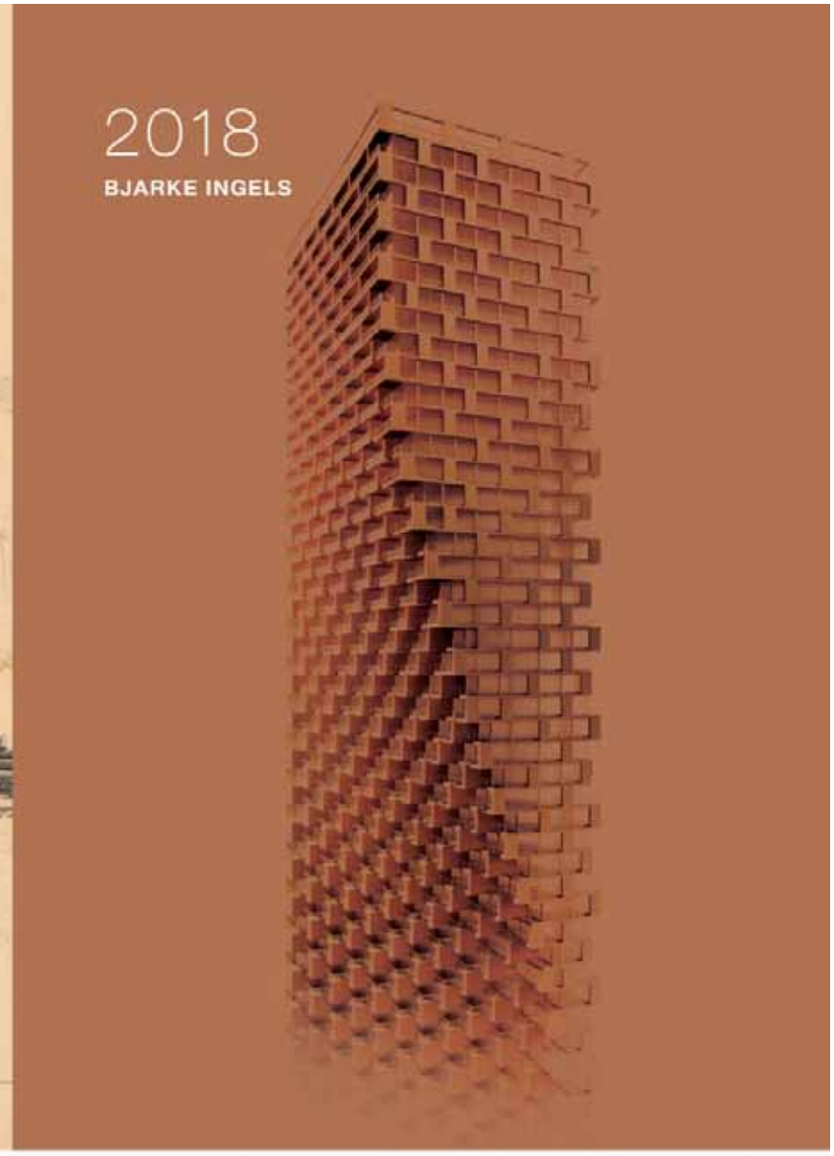

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Ratings and synopses courtesy of Rotten Tomatoes. For more movie reviews, trailers and news go to RottenTomatoes.com. **Ratings:** *Certified Fresh:* *Fresh:* *Rotten:* *Audience response:* *Audience anticipation for the film:*

Action

300: Rise of an Empire

Director. Noam Murro

Stars. Sullivan Stapleton, Eva Green

Based on Frank Miller's latest graphic novel, Xerxes, and told in the breathtaking visual style of the blockbuster 300, this new chapter of the epic saga takes the action to a fresh battlefield on the sea as Greek general Themistocles (Sullivan Stapleton) attempts to unite all of Greece by leading the charge that will change the course of the war.

Rotten Tomatoes™ score
Critics: 64% **Audience:** 98%

Comedy

No Clue

Director. Carl Bessai

Stars. Amy Smart, David Koechner, Brent Butt

When a low-level ad man is mistaken for a private eye by a gorgeous blonde, he pretends to be the PI she wants and offers to find her missing brother. But when the job turns violent, he realizes he's in way over his head.

Rotten Tomatoes™ score
Critics: No reviews yet **Audience:** 100%

Mystery/Comedy

Cheap Thrills

Director. E.L. Katz

Stars. Pat Healy, Ethan Embry

Cheap Thrills follows Craig (Pat Healy, Compliance), a struggling family man who loses his low-wage job and is threatened with eviction. In an effort to delay facing the music at home, he heads to a local bar and encounters an old friend (Ethan Embry, Empire Records). The two friends are roped into a round of drinks by a charismatic and obscenely wealthy stranger along with his mysterious wife.

Rotten Tomatoes™ score
Critics: 100% **Audience:** 90%

Thriller

3 Days to Kill

Director. McG

Stars. Kevin Costner, Amber Heard

In this heart pounding action-thriller, Kevin Costner is a dangerous international spy, who is determined to give up his high stakes life to finally build a closer relationship with his estranged wife and daughter, whom he's previously kept at arm's length to keep out of danger. But first, he must complete one last mission.

Rotten Tomatoes™ score
Critics: 31% **Audience:** 53%

Drama

Like Father, Like Son

Stars. Masaharu Fukuyama, Yoko Maki

Ryota (Masaharu Fukuyama) is a successful Tokyo architect who works long hours to provide for his wife and six-year-old son, Keita. But when a blood test reveals Keita and another baby were switched at birth, two very different families are thrown together and forced to make a difficult decision while Ryota confronts his own issues and what it means to be a father.

Rotten Tomatoes™ score
Critics: 84% **Audience:** 89%

Comedy

Alan Partridge

Director. Declan Lowney

Stars. Steve Coogan

Alan Partridge (Steve Coogan) has had many ups and downs in his life. National television broadcaster. Responsible for killing a guest on live TV. Local radio broadcaster. A nervous breakdown in Dundee. His self-published book, Bouncing Back, subsequently remaindered and pulped. Alan Partridge finds Alan at the centre of a siege, when a disgruntled fellow DJ (Colm Meaney) decides to hold their station hostage.

Rotten Tomatoes™ score
Critics: 85% **Audience:** 88%

THESE PAGES COVER MOVIE START TIMES FROM FRI., MAR. 7 TO THURS., MAR. 13. TIMES ARE SUBJECT TO CHANGE.

OMNIMAX Theatre Science World 1455 Quebec St.

Flight of the Butterflies 3D (STC) Fri-Thu 1
Gravity 3D (PG) Fri-Thu 4:35-9:10
Jerusalem 3D (STC) Fri 11-12-2:10-3:20-6:50-8 Sat-Sun 11-2:10-3:20-6:50-8 Mon-Thu 11-12-2:10-3:20-6:50-8
Rocky Mountain Express (STC) Sat-Sun 12

Dunbar Theatre 4555 Dunbar Street

Mr. Peabody & Sherman 3D (G) Fri 4-7-9:15 Sat-Sun 11-1:20-4-7-9:15 Mon-Thu 4-7-9:15

Fifth Avenue Cinemas 2110 Burrard Street

American Hustle (14A) Fri-Thu 12:50-3:50-6:50-9:50
Like Father, Like Son (STC) Fri-Sun 1:30-4:20-7:15-10 Mon-Thu 1:20-4-7-9:40
The Monuments Men (PG) Fri-Sun 1:10-4-7-9:40 Mon-Thu 1:30-4:20-7-9:40
Omar (14A) Fri-Sun 1:45-4:30-7:10-9:30 Mon-Thu 2-4:30-7:10-9:30
Philomena (PG) Fri-Sun 1:20-3:40-6:30-9:15 Mon-Tue 1:45-4:10-6:40-9:15 Wed 1:45-4:10-9:30 Thu 1:45-4:10-6:40-9:15

Pacific Cinémathèque 1131 Howe Street

The Chase (STC) Fri 8:15 Sun 8:15
Double Door (STC) Mon 7:50
Gun Crazy (STC) Fri 6:30 Sat 8:40 Sun 6:30
International House (STC) Wed 6:30 Thu 8
Supernatural (STC) Mon 6:30
That Cold Day in the Park (STC) Sat 6:30 Sun 4
Thirty Day Princess (STC) Wed 8:15 Thu 6:30

Park Theatre 3440 Cambie Street

The Great Beauty (14A) Fri 3:40-6:30-9:20 Sat-Sun 12:50-3:40-6:30-9:20 Mon-Thu 3:40-6:30-9:20

Rio on Broadway 1660 E. Broadway

Almost Famous (PG) Fri 11:30
Cheap Thrills (14A) Sun-Tue 9 Wed 7
Inside Llewyn Davis (14A) Sun-Tue 7
No Films Showing Today (STC) Sat Thu

Scotiabank Theatre Vancouver 900 Burrard St.

300: Rise of an Empire 3D (18A) Fri-Tue 1:45-4:20-7-9:45 Wed-Thu 2:30-5:05-7:40-10:15 Fri-Sun 12:25-3-5:35-8:10-10:45 Mon-Tue 12:30-3-5:30-8-10:30 Wed-Thu 2:10-4:45-7:20-9:55 Fri 2:30-5:05-7:40-10:15 Sat-Sun 11:50-2:30-5:05-7:40-10:15 Mon-Tue 2:15-4:50-7:25-10 Wed 1:45-4:20-9:45 Thu 1:45-4:20-6:55-9:30
American Hustle (14A) Fri-Tue 12:50-3:45-6:50-9:50 Wed 1:30-4:20-10:05 Thu 1:30-4:20-7:10-10:05
Need for Speed (PG) Thu 9:15
Non-Stop (PG) Fri-Sun 12:20-1:55-2:55-4:40-5:30-7:20-8:05-10-10:40 Mon-Tue 1:55-2:35-4:40-5:10-7:20-7:45-9:55-10:20 Wed 2-2:20-4:30-5-7:15-9:50-10:15 Thu 1:45-2-4:40-7:15-9:50
Pompeii 3D (STC) Fri-Sun 12:10-2:45-5:20-7:55-10:30 Mon-Tue 2:25-5-7:35-10:10 Wed-Thu 2:10-4:45-7:20-9:55
RoboCop (PG) Fri 2-4:50-7:45-10:35 Sat-Sun 4:50-7:45-10:35 Mon-Tue 1:35-4:25-7:15-10:05 Wed-Thu 1:40-4:35-7:25-10:10
Royal Winnipeg Ballet's Moulin Rouge: The Ballet (STC) Sat 12:55
Tootsie (STC) Sun 12:55 Wed 7
Veronica Mars (PG) Thu 9:30
The Wolf of Wall Street (18A) Fri-Sat 2:15-6:10-10:10 Sun-Tue 12:45-4:45-8:45 Wed 1:30-5:15-9:15 Thu 1:30-5:15

Vancity Theatre Vancouver International Film Centre 1181 Seymour Street

The Great Flood (STC) Mon 8:30 Tue 6:30 Wed 4 Thu 6:30
Royal Opera House: La Traviata (STC) Wed 7 The Selfish Giant (14A) Mon 6:30
Visitors (G) Tue 8:45 Thu 8:45
Women in Film Festival (STC) Fri-Sun

Vancouver Aquarium 4D Experience Theatre 845 Avison Way,

Shallow Seas 4D (STC) Fri 11:15-11:45-1-2-3-4:20 Sat-Sun 11:15-11:45-12:15-12:45-1:15-1:45-2:15-2:45-3:15-3:45-4:15 Mon-Thu 11:15-11:45-1-2-3-4:20

Esplanade 6 200 West Esplanade

12 Years a Slave (14A) , Fri 6:30-9:30 , Sat-Sun 12:30-3:35-6:30-9:30 , Mon-Thu 6:30-9:30
3 Days to Kill (14A) , Fri 9:45 , Sat-Sun 3:50-9:45 , Mon-Thu 9:45
American Hustle (14A) , Fri-Thu 6:35-9:35
Frozen (G) , Sat-Sun 12:45-3:45
The LEGO Movie (G) Fri 6:40 Sat-Sun 12:35-3:30-6:40 Mon-Wed 6:40
The LEGO Movie 3D (G) Fri 7-9:20 Sat-Sun 1-4-7-9:20 Mon-Thu 7-9:20
The Monuments Men (PG) , Fri 6:45-9:40 , Sat-Sun 12:50-3:55-6:45-9:40 , Mon-Thu 6:45-9:40
Need for Speed (PG) , , Thu 8
RoboCop (PG) Fri-Wed 9:15
The Wind Rises (G) Fri 6:50 Sat-Sun 12:40-6:50 Mon-Thu 6:50

Park & Tilford 333 Brooksbank Ave.

300: Rise of an Empire 3D (18A) Fri 7:10-7:40-9:45-10:15 Sat 11:55-2:30-5:05-7:10-7:40-9:45-10:15 Sun 2:30-5:05-7:10-7:40-9:45-10:15 Mon-Thu 7:10-7:40-9:45-10:15
Mr. Peabody & Sherman (G) Sat 1:55-4:20 Sun 1-4:20 Mr. Peabody & Sherman 3D (G) Fri 7:15-9:40 Sat 12-2:25-4:50-7:15-9:40 Sun 2:25-4:50-7:15-9:40 Mon-Thu 7:15-9:40 Non-Stop (PG) Fri 7:30-10 Sat-Sun 2:15-5-7:30-10 Mon-Thu 7:30-10
Star & Strollers Screening Thu 1
Son of God (PG) Fri 6:40-9:50 Sat-Sun 12:20-3:30-6:40-9:50 Mon-Thu 6:45-9:45
Star & Strollers Screening Thu 1
Tootsie (STC) Sun 12:55
The Wolf of Wall Street (18A) Fri 8 Sat 11:45-3:25-8 Sun 3:25-8 Mon-Tue 8 Wed 9:25 Thu 8

SilverCity Riverport 14211 Entertainment Way

3 Days to Kill (14A) Fri-Sun 1:55-4:40-7:35-10:25 Mon 2:20-5:05-7:45-10:25 Tue 1:50-4:25-7:20-10:10 Wed-Thu 2:20-5:05-7:45-10:25
300: Rise of an Empire — An IMAX 3D Experience (18A) Fri-Sun 11:55-2:20-4:55-7:40-10:15 Mon-Thu 2:15-4:50-7:25-10
300: Rise of an Empire 3D (18A) Fri-Sun 1:50-4:25-7:10-9:45 Mon 2-4:25-6:55-9:30 Tue 1:45-4:20-6:55-9:30 Wed-Thu 2-4:25-6:55-9:30 Fri-Sun 12:25-3-5:35-8:10-10:45 Mon-Thu 2:45-5:20-7:55-10:30
About Last Night (14A) Fri-Sun 10 Mon 10:15 Tue 9:15 Wed 10:15
American Hustle (14A) Fri-Sun 12:45-3:55-7:05-10:20 Mon 2:50-6:40-9:55 Tue 1:05-4:10-7:10-10:15 Wed-Thu 2:50-6:40-9:55
Beijing Love Story (PG) Fri-Sun 1:10-4:05-7:20-10:15 Mon 3-6:30-9:20 Tue 1:10-4-6:50-9:45 Wed 3-6:30-9:20 Thu 3-6:30-10
Dolphin Tale (STC) Sat 11
Endless Love (PG) Fri-Sun 9:50 Mon 9:15 Tue 9:50 Wed 9:15 Thu 10
Frozen (G) Fri-Sun 1:35-4:20 Mon 2:05-4:40 Tue 1:20-3:55 Wed-Thu 2:05-4:40
Frozen 3D (G) Fri-Sun 7:05 Mon 7:15 Tue 7:05 Wed-Thu 7:15
In Fear (14A) Thu 7:30
Jack Ryan: Shadow Recruit (PG) Fri-Sun 7:55-10:30 Mon 7:10-9:50 Tue 7:55-10:30 Wed-Thu 9:50
The LEGO Movie (G) Fri 2:10-5-7:25 Sat 11:25-2:10-5-7:25 Sun 2:10-5-7:25 Mon 2:25-4:55-7:35 Tue 1:30-3:55-6:25 Wed-Thu 2:25-4:55-7:35
The LEGO Movie 3D (G) Fri 12:15-2:45-5:30-7:55-10:25 Sat 11:10-12:15-2:45-5:30-7:55-10:25 Sun 12:15-2:45-5:30-7:55-10:25 Mon-Thu 2:05-4:30-7-9:35
The Monuments Men (PG) Fri 1:20-4:20-7:15-10:05 Sat-Sun 4:20-7:15-10:05 Mon 2:15-5-7:45-10:30 Tue 1:30-4:15-7:15-10:05 Wed-Thu 2:15-5-7:45-10:30
Mr. Peabody & Sherman (G) Fri 12-2:25-4:50-7:15 Sat 11:15-12-2:25-4:50-7:15 Sun 12-2:25-4:50-7:15 Mon 2-4:20-6:45 Tue 1:45-4:05-6:35 Wed 2-4:20-6:45 Thu 4:20-6:45 Star & Strollers Screening, Thu 2
Mr. Peabody & Sherman 3D (G) Fri-Sun 12:30-2:55-5:20-7:45-10:10 Mon 2:30-4:55-7:15-9:40 Tue 2:15-4:35-7:10-9:40 Wed-Thu 2:30-4:55-7:15-9:40 Sat 11
Need for Speed 3D (PG) Thu 9:15
Non-Stop (PG) Fri-Sun 12:10-2:45-5:25-8:05-10:40 Mon 2:10-4:45-7:30-10:10 Tue 2:10-5-7:45-10:25 Wed 2:10-4:45-7:30-10:10 Thu 4:45-7:30-10:10 Star & Strollers Screening Thu 2
The Nut Job (G) Fri-Sun 1-3:20-5:40 Mon 2:35-4:50 Tue 1-3:20-5:40 Wed 2:25-4:40 Thu 2:35-4:50
Pompeii 3D (STC) Fri-Sun 12:05-2:40-5:15-7:50-10:35 Mon-Wed 2:10-4:45-7:20-10:05 Thu 2:10-4:45-7:20
Ride Along (PG) Fri-Thu 9:55
RoboCop (PG) Fri-Sun 1:40-4:35-7:30-10:20 Mon 2:20-5-7:40-10:20 Tue 1:40-4:35-7:30-10:20 Wed-Thu 2:20-5-7:40-10:20
Royal Winnipeg Ballet's Moulin Rouge: The Ballet (STC) Sat 12:55
Son of God (PG) Fri-Sun 12:35-3:45-7-10:10 Mon 2:30-5:50-9:10 Tue 1-4-7:05-10:20 Wed-Thu 2:30-5:50-9:10
Tootsie (STC) Sun 12:55 Wed 7
Veronica Mars (PG) Thu 9:30
The Wind Rises (G) Fri-Sun 1:05-4:05-7-10 Mon 3-6:35-10 Tue 1:05-4:05-7-10 Wed-Thu 3-6:35-10
The Wolf of Wall Street (18A) Fri-Sun 1:15-5:10-9 Mon 2-5:45-9:30 Tue 1:15-5:10-9 Wed-Thu 2-5:45-9:30

Dolphin Cinemas 4555 E. Hastings St.

12 Years a Slave (14A) Fri-Thu 8:40
The LEGO Movie (G) Fri 4:30-6:35 Sat-Sun 2-4:30-6:35 Mon-Thu 4:30-6:35
Mr. Peabody & Sherman (G) Fri 4:55-6:55-8:55 Sat-Sun 1-2:50-4:55-6:55-8:55 Mon-Thu 4:55-6:55-8:55

SilverCity Metropolis 4700 Kingsway Ave.

300: Rise of an Empire 3D (18A) Fri-Sun 7:35-10:15 Mon-Thu 7:05-9:40 Fri-Sun 12:25-3-5:35-8:10-10:45 Mon-Thu 2:15-4:50-7:25-10
Dolphin Tale (STC) Sat 11
Frozen (G) Fri-Sun 1:25
Frozen 3D (G) Fri-Sun 4:10-7
The LEGO Movie (G) Fri-Sun 12:05 Mon-Thu 2
The LEGO Movie 3D (G) Fri-Sun 2:40-5:15-7:50-10:20 Mon-Thu 5:15-7:45-10:05
Mr. Peabody & Sherman (G) Fri 12-2:25-4:50 Sat 11:05-12-2:25-4:50 Sun 12-2:25-4:50 Mon-Thu 2:20-4:45
Mr. Peabody & Sherman 3D (G) Fri 12:30-2:55-5:20-7:45-10:10 Sat 11:20-12:30-2:55-5:20-7:45-10:10 Sun 12:30-2:55-5:20-7:45-10:10 Mon-Thu 2:35-5-7:30-9:50
Need for Speed (PG) Thu 9:15
Non-Stop (PG) Fri-Sun 12:10-2:45-5:25-8:05-10:40 Mon-Tue 2:30-5:10-7:50-10:25 Wed 2-4:30-7:40-10 Thu 2:30-5:10-7:50-10:25
Pompeii 3D (STC) Fri-Sat 12:15-2:50-5:30-8-10:35 Sun 3-5:30-8-10:35 Mon-Tue 2:25-5:05-7:40-10:10 Wed 2:25-5:05-10:10 Thu 2-4:25-6:50
RoboCop (PG) Fri 2-4:50-7:40-10:30 Sat 1:20-4:50-7:40-10:30 Sun 12:15-4:50-7:40-10:30 Mon-Thu 2:10-4:55-7:35-10:15
Son of God (PG) Fri 12:50-4-7:10-10:25 Sat 1:40-4-7:10-10:25 Sun 12:50-4-7:10-10:25 Mon-Thu 2:05-4:20-7:20-10:20
Tootsie (STC) Sun 12:55 Wed 7
The Wolf of Wall Street (18A) Fri-Sun 9:40

SilverCity Coquitlam 170 Schoolhouse Street

12 Years a Slave (14A) Fri-Sun 12:30-3:50-7-10:05 Mon 3:30-6:50-9:55 Tue 12:30-3:50-7-10:05 Wed-Thu 3:30-6:50-9:55
3 Days to Kill (14A) Fri-Sun 9:45 Mon 9 Tue 9:45 Wed 9 Thu 10:30
300: Rise of an Empire 3D (18A) Fri 2:10-4:45-7:30-10:05 Sat 11:40-2:10-4:45-7:30-10:05 Sun 2:10-4:45-7:30-10:05 Mon 2:15-4:45-7:15-9:45 Tue 2:10-4:45-7:30-10:05 Wed-Thu 2:15-4:45-7:15-9:45 Fri-Sun 12:50-1:45-3:30-4:30-6:30-7:30-9:30-10:25 Mon 3:55-4:45-6:30-7:30-9:20-10:15 Tue 12:50-1:45-3:30-4:30-6:30-7:30-9:30-10:25 Wed-Thu 3:55-4:45-6:30-7:30-9:20-10:15
Fri-Sun 12:25-3-5:35-8:10-10:45 Mon 3-5:30-8-10:30 Tue 12:25-3-5:35-8:10-10:45 Wed-Thu 3-5:30-8-10:30
American Hustle (14A) Fri 12:55-4:05-7:20-10:35 Sat-Sun 4:05-7:20-10:35 Mon 2-5:10-8:20 Tue 12:55-4:05-7:20-10:35 Wed 1:30-4:40-9:50 Thu 2-5:10-8:20 Fri-Sun 2:30-5:45-9 Mon 5:45-9 Tue 2:30-5:45-9 Wed-Thu 5:45-9
Dolphin Tale (STC) Sat 11
Frozen (G) Fri-Sun 1:30 Mon 1:35 Tue 1:30 Wed-Thu 1:35
Frozen 3D (G) Fri-Thu 4:15
The LEGO Movie (G) Fri 12:50-3:25-6 Sat 11:15-12:50-3:25-6 Sun 12:50-3:25-6 Mon 3:15-5:45 Tue 12:50-3:25-6 Wed 3:15-5:45 Thu 1:30-4
The LEGO Movie 3D (G) Fri-Thu 1:50-4:25-7-9:30
The Monuments Men (PG) Fri-Sun 12:45-3:45-6:45-9:35 Mon 1:30-4:15-7:05-10 Tue 12:45-3:45-6:45-9:35 Wed-Thu 1:30-4:15-7:05-10
Mr. Peabody & Sherman (G) Fri 12-2:25-4:50-7:15 Sat 11-12-2:25-4:50-7:15 Sun 12-2:25-4:50-7:15 Mon 1:40-4:05-6:30 Tue 12-2:25-4:50-7:15 Wed 4:05-6:30 Thu 1:40-4:05-6:30 Star & Strollers Screening, Wed 1:30
Mr. Peabody & Sherman 3D (G) Fri-Sun 12:30-2:55-5:20-7:45-10:10 Mon 2:35-5-7:25-9:50 Tue 12:30-2:55-5:20-7:45-10:10 Wed-Thu 2:35-5-7:25-9:50
Need for Speed 3D (PG) Thu 9:15
No Clue (STC) Fri-Sun 12:35-3:05-5:30-7:55-10:20 Mon 3:05-5:30-7:55-10:20 Tue 12:35-3:05-5:30-7:55-10:20 Wed-Thu 3:05-5:30-7:55-10:20
Non-Stop (PG) Fri-Sun 12:05-2:40-5:15-7:50-10:30 Mon 2:40-5:15-7:50-10:30 Tue 12:05-2:40-5:15-7:50-10:30 Wed 4:20-7:50-10:30 Thu 2:40-5:15-7:50-10:30 Fri-Sun 2:10-5:15-8-10:45 Mon 5:10-7:50-10:30 Tue 2:10-5:15-8-10:45 Wed-Thu 5:10-7:50-10:30 Star & Strollers Screening Wed 1:30
Pompeii 3D (STC) Fri-Sun 12:15-2:50-5:30-8:05-10:40 Mon 2:30-5:05-7:40-10:15 Tue 12:15-2:50-5:30-8:05-10:40 Wed 2:30-5:05-7:40-10:15 Thu 1:35-4:05-6:40
RoboCop (PG) Fri-Thu 7:35-10:25
Royal Winnipeg Ballet's Moulin Rouge: The Ballet (STC) Sat 12:55
Son of God (PG) Fri-Sun 12:40-3:50-7:05-10:15 Mon 2:10-5:20-8:30 Tue 12:40-3:50-7:05-10:15 Wed-Thu 2:10-5:20-8:30
Tootsie (STC) Sun 12:55 Wed 7
Venus Talk (14A) Fri-Thu 1:45-4:30-7:10-9:55 Veronica Mars (PG) Thu 9:30
The Wind Rises (G) Fri-Sun 1-3:55-6:50-9:50 Mon 1:30-4:20-7:15-10:10 Tue 1-3:55-6:50-9:50 Wed-Thu 1:30-4:20-7:15-10:10
The Wolf of Wall Street (18A) Fri-Sun 8:35 Mon 8:15 Tue 8:35 Wed 8:15 Thu 6:40

Clova 5732-176th St., Surrey,

Mr. Peabody & Sherman (G) Fri 7 Sat-Sun 1:30-7 Mon-Thu 7

Hollywood 3 Cinema 7125-138th Street, Surrey

American Hustle (14A) Fri-Thu 5
Cloudy With a Chance of Meatballs 2 (G) Sat-Sun 3
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Thu 4:30
Dallas Buyers Club (14A) Fri-Thu 8:55
Gravity 3D (PG) Sat-Thu 6:30
The Hobbit: The Desolation of Smaug (PG) Sat-Sun 1:15
The Hobbit: The Desolation of Smaug 3D (PG) Fri-Thu 8:30
The Hunger Games: Catching Fire (PG) Sat 1
The Monuments Men (PG) Fri-Thu 6:30
Walking With Dinosaurs (G) Fri-Thu 4:30 Sat-Sun 1
The Wolf of Wall Street (18A) Fri-Thu 7:45

Strawberry Hill Grande 12161-72nd Ave, Surrey

300: Rise of an Empire 3D (18A) Fri-Sun 7:25-10 Mon-Thu 7:30-10 Fri-Sun 12:25-3-5:35-8:10-10:45 Mon-Thu 2:40-5:35-8:05-10:30
Dolphin Tale (STC) Sat 11
Frozen (G) Fri-Sun 12:10 Mon-Tue 1:30
Star & Strollers Screening Wed 1 Thu 1:30
Frozen 3D (G) Fri-Sun 3:05 Mon-Thu 4:30
Highway (PG) Fri-Thu 9:30
The LEGO Movie (G) Fri 12:15 Sat 11-12:15 Sun 12:15 Mon-Thu 2:35
The LEGO Movie 3D (G) Fri-Sun 2:40-5:05-7:30-9:55 Mon-Thu 5:05-7:40-10:05
Mr. Peabody & Sherman (G) Fri 12-2:20-4:45-7:10 Sat 11-12-2:20-4:45-7:10 Sun 12-2:20-4:45-7:10 Mon-Thu 1:35-4:45-7:10
Mr. Peabody & Sherman 3D (G) Fri-Sun 12:30-2:55-5:20-7:45-10:10 Mon-Thu 2:20-5:20-7:45-10:10
Need for Speed 3D (PG) Thu 9:15
Non-Stop (PG) Fri-Sun 12:20-2:50-5:20-7:50-10:35 Mon-Tue 1:45-4:25-7:50-10:20 Wed 4:25-7:50-10:20 Thu 1:45-4:25-7:50-10:20 Star & Strollers Screening Wed 1
The Nut Job (G) Fri-Sun 1 Mon-Thu 1:05
Pompeii 3D (STC) Fri-Sun 3:10-5:30-8-10:30 Mon-Wed 5:25-7:55-10:20 Thu 4-6:30
Queen (STC) Fri-Thu 2:15-6:10-9:35
RoboCop (PG) Fri-Thu 2:05-4:50-7:35-10:25
Shaadi Ke Side Effects (PG) Fri-Thu 2:25-6:30-9:45
Son of God (PG) Fri-Sun 12:50-4-7:05-10:15 Mon-Thu 1-4-7:05-10:15
Total Siyapaa (STC) Fri-Sun 12:35-3:20-6:25-9 Mon-Thu 2:30-6:25-9

Studio 12 Guildford 15051-101st Ave, Surrey

12 Years a Slave (14A) , Fri 6:20-9:20 , Sat-Sun 1:50-6:20-9:20 , Mon-Thu 6:20-9:20
300: Rise of an Empire (18A) , Fri 4:10-6:50-9:30 , Sat-Sun 1:20-4:10-6:50-9:30 , Mon 6:50-9:30 , Tue 4:10-6:50-9:30 , Wed-Thu 6:50-9:30
300: Rise of an Empire 3D (18A) , , Fri 4:50-7:30-10:10 , , Sat-Sun 2-4:50-7:30-10:10 , , Mon 7:30-10:10 , , Tue 4:50-7:30-10:10 , , Wed-Thu 7:30-10:10
Gulaab Gang (STC) , Fri 4:35-7:50 , Sat-Sun 1:25-4:35-7:50 , Mon 7:50 , Tue 4:35-7:50 , Wed-Thu 7:50
The LEGO Movie (G) , Fri-Sun 3:45 , Mon , Tue 3:45 , Wed-Thu
The LEGO Movie 3D (G) , Fri 6:40-9:10 , Sat-Sun 1:15-6:40-9:10 , Mon-Thu 6:40-9:10
Mr. Peabody & Sherman (G) , Fri 3:50-6:30-9 , Sat-Sun 1-3:50-6:30-9 , Mon 6:30-9 , Tue 3:50-6:30-9 , Wed-Thu 6:30-9
Mr. Peabody & Sherman 3D (G) , Fri 4:30-7:10-9:40 , Sat-Sun 1:40-4:30-7:10-9:40 , Mon 7:10-9:40 , Tue 4:30-7:10-9:40 , Wed-Thu 7:10-9:40
Need for Speed (PG) , Thu 8
Non-Stop (PG) , , Fri 4:20-7:20-10 , , Sat-Sun 1:45-4:20-7:20-10 , , Mon 7:20-10 , , Tue 4:20-7:20-10 , , Wed-Thu 7:20-10
Queen (STC) , Fri 4:45-8 , Sat-Sun 1:30-4:45-8 , Mon 8 , Tue 4:45-8 , Wed-Thu 8
Shaadi Ke Side Effects (PG) , Fri 4:40-7:55 , Sat-Sun 1:35-4:40-7:55 , Mon 7:55 , Tue 4:40-7:55 , Wed 7:55
Son of God (PG) , , Fri 4:15-7:40 , , Sat 1:05-4:15-7:40 , , Sun 4:15-7:40 , , Mon 7:40 , , Tue 4:15-7:40 , , Wed-Thu 7:40
Starting Over Again (PG) , Fri 4-7-9:50 , Sat-Sun 1:10-4-7-9:50 , Mon 7-9:50 , Tue 4-7-9:50 , Wed-Thu 7-9:50
Total Siyapaa (STC) , Thu 6:20-9:20

Rialto 1732-152nd Street, White Rock

Philomena (PG) Fri 7:10 Sat-Sun 2:10-7:10 Mon-Thu 7:10
Son of God (PG) Fri 7:30 Sat-Sun 2-7:30 Mon-Thu 7:30
Winter's Tale (PG) Fri-Thu 9

Criterion 4 White Rock 2381 King George Highway

300: Rise of an Empire (18A) Fri 7:30-9:35 Sat-Sun 2:20-7:30-9:35 Mon-Thu 7:30-9:35
The LEGO Movie (G) Fri 7 Sat-Sun 2-7 Mon-Thu 7
Mr. Peabody & Sherman (G) Fri 7:10-9 Sat-Sun 2:30-7:10-9 Mon-Thu 7:10-9
Non-Stop (PG) Fri 7:20-9:30 Sat-Sun 2:10-7:20-9:30 Mon-Thu 7:20-9:30
RoboCop (PG) Fri-Thu 9:25

Colossus Langley 20090-91A Ave, Langley

12 Years a Slave (14A) Fri-Sun 9:55 Mon-Thu 9:30
3 Days to Kill (14A) Fri-Sun 4:40-7:30-10:25 Mon-Wed 4:30-7:30-10:20 Thu 4:30-10:20
300: Rise of an Empire — An IMAX 3D Experience (18A) Fri 12:20-2:35-5:05-7:40-10:15 Sat-Sun 12-2:30-5:05-7:40-10:15 Mon-Thu 5-7:35-10:10
300: Rise of an Empire 3D (18A) Fri 2-4:35-7:10-9:45 Sat 11:30-2-4:35-7:10-9:45 Sun 2-4:35-7:10-9:45 Mon-Thu 4:35-7:10-9:45 Fri-Sun 12:25-3-5:35-8:10-10:45 Mon-Thu 5:20-7:55-10:30
American Hustle (14A) Fri-Sun 12:35-3:50-7:20-10:35 Mon-Thu 4:20-7:25-10:30
Dolphin Tale (STC) Sat 11
Frozen (G) Fri 1:45 Sat 11:05-1:45 Sun 1:45
Star & Strollers Screening Wed 3
Frozen 3D (G) Fri-Sun 4:30-7:25 Mon-Tue 4:10-7:15 Wed 7:15 Thu 4:10-7:15
In Fear (14A) Thu 7:30
Jack Ryan: Shadow Recruit (PG) Fri-Sun 10:20 Mon-Wed 10:10
The LEGO Movie (G) Fri 1:50-4:25-7:10 Sat 11:15-1:50-4:25-7:10 Sun 1:50-4:25-7:10 Mon-Tue 4:15-6:50 Wed 4:15 Thu 4:15-6:50
The LEGO Movie 3D (G) Fri-Sun 12:05-2:35-5:10-7:35-10:05 Mon-Thu 4:40-7:15-9:50
The Monuments Men (PG) Fri-Sun 1:15-4:15-7:25-10:20 Mon-Thu 4:05-7-9:55
Mr. Peabody & Sherman (G) Fri-Sun 12-2:25-4:50-7:15 Mon-Thu 4:25-6:55
Mr. Peabody & Sherman 3D (G) Fri-Sun 12:30-2:55-5:20-7:45-10:10 Mon-Thu 4:55-7:25-10
Need for Speed 3D (PG) Thu 9:15
No Clue (STC) Fri-Sun 12:45-3:15-5:40-8:10-10:40 Mon-Thu 4:50-7:20-10:05
Non-Stop (PG) Fri-Sun 12:20-2:55-5:30-8:05-10:45 Mon-Tue 4:25-7:35-10:15 Wed 7:35-10:15 Thu 4:25-7:35-10:15 Star & Strollers Screening Wed 3
The Nut Job (G) Fri 2:05 Sat-Sun 12:45
Pompeii 3D (STC) Fri-Sun 12:15-2:50-5:25-8-10:35 Mon-Thu 4-7-9:55
Ride Along (PG) Fri-Wed 9:50
RoboCop (PG) Fri-Sun 1:55-4:55-7:50-10:40 Mon 4:30-10:25 Tue-Thu 4:30-7:30-10:25
Royal Winnipeg Ballet's Moulin Rouge: The Ballet (STC) Sat 12:55
Son of God (PG) Fri-Sun 12:30-3:45-7-10:10 Mon-Thu 4-7:10-10:25
That Awkward Moment (14A) Fri 12:40-3:05-5:25-7:55-10:30 Sat-Sun 3:05-5:25-7:55-10:30 Mon-Tue 4:20-7:05-9:45 Wed 4:20-9:45 Thu 4:20-7:05-9:45
Tootsie (STC) Sun 12:55 Wed 7
Veronica Mars (PG) Thu 9:30
The Wind Rises (G) Fri-Sun 12:55-4-6:55-10:15 Mon-Thu 4:05-7:05-10:05
The Wolf of Wall Street (18A) Fri-Sun 12:10-4:05-8:05 Mon-Thu 4:10-8

Twilight Drive-In 260th Street & Fraser Highway, Langley

3 Days to Kill (14A) Fri-Sun 7:30
No Films Showing Today (STC) Mon-Thu
Pompeii (STC) Fri-Sun 9:40

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Crash! Clank! Canuck, eh!

Exclusively online

Discover more of Canada's superhero past and present online at metronews.ca

- **Wolverine.** The great north is home to a pen-and-ink comic book history that is more than just pulp fiction. From Captain Canuck to Nelvana of the Northern Lights; Wolverine to Northguard, go online for an interactive map of Canadian superheroes.

- **First comic.** While the first edition of Nelvana of the Northern Lights cost 15 cents in the 1940s, you can read it online for free. Find out how Nelvana descended to earth after being called by Chief Tadjo to defeat the evil Commander Toroff.

- **Fan art.** When it came to how Nelvana would be illustrated, comic creator Adrian Dingle had some ideas of appropriate Arctic wear: a fur-trimmed mini-skirt, knee-high boots, matching gloves and headband, and a magical cape. While fans of the Inuit demi goddess aren't apt to wrap her in a Canada Goose jacket, they do have their own opinions about how Nelvana should look in 2014. Go to metronews.ca/nelvana to see some of their works.

Canada's own super hero. Captain Canuck, the boy scout with superhuman strength, has been reinvisioned for a new generation

DEAN LISK
life@metronews.ca

When it comes to updating a disco-era comic book character for an action-filled generation, you need to make some crucial changes.

"These days, the whole idea of a superhero in tights doesn't really exist," said Fadi Hakim. "You do need boots, you need armour. You need that sort of thing."

Hakim is one of the creative minds behind the revamped Captain Canuck, a red-and-white clad superhero who first leapt — he doesn't fly but he has superhuman strength — from the comic book pages in 1975.

The series was temporarily shelved in 1976, but was back in stores from 1979 to 1981. A second version of Canuck appeared in 1993, then a third in 2004, but these were both limited runs.

Fast forward a decade, where the highest rated films chronicle the ka-pows, whacks and prak-praks of the X-Men, Justice League and Dark Knight, and the time appeared right for Canuck to reemerge from the Canadian wilderness of forgotten superheroes.

A new five-part web series featuring Canuck wrapped up this week (more are planned), a live-action suit has been unveiled for public appearances, and the film rights have been bought by Minds Eye Entertainment. Fans are even creating their own art based on the characters in the series.

"He is a boy scout that is a little apologetic and tongue in cheek," said Hakim, president of Captain Canuck Inc. and owner of Toronto's Lakeview Restaurant, about this new incarnation.

You see those qualities in the first episode of the web series. Canuck weaves his way through a Canada Day crowd on Parliament Hill in a rush to defuse a bomb. "Sorry, miss," he says to a female fan before interrupting a Platinum Blonde concert to locate the explosive.

Captain Canuck saves the day. CONTRIBUTED

Anthology

Resurrecting Nelvana

Captain Canuck isn't the only Canadian superhero emerging from the protective hands of comic book collectors or the dog-eared, twine-tied stacks in musty basements.

Pre-dating Wonder Woman, Nelvana of the North first appeared in comics in 1941 and ran for 31 issues.

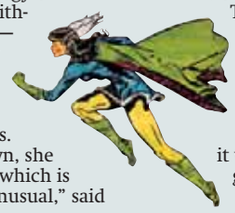
The tribal legends about the witch-like daughter of Koliak, King of the Northern Lights, inspired comic creator Adrian Dingle to pen a story about Canada's first female superhero.

CGA Comics' Hope Nicholson and her partner, Rachel Richey, launched a Kickstarter campaign last year to raise money to publish a complete anthology of all the Nelvana comics. Within five days they reached — and then doubled — their goal of $25,000. This spring, the 350-page book will be sent out to the project's crowdfunders.

"She is amazingly drawn, she is an Inuit super goddess, which is something that is really unusual," said Nicholson. "It is extremely Canadian. She actually, in one issues, arrives on a polar bear into battle, which is where Nelvana animation got its logo of a polar bear."

Rachel Richey and Hope Nicholson. CONTRIBUTED

To create the anthology, they went to about 13 different private and public collections across Canada to scan each page. They managed to get all of them except for one which they could not find, said Nicholson, who also produced the Canadian superhero documentary Lost Heroes, currently airing on Super Channel. "It was in one private collector's collection but it was too damaged to scan, so I had to go to a reference library yesterday to get a microfiche scan." DEAN LISK



"Exploring Canadian identity is amazing," said Hakim. "It is very simple to play on that dry sense of humour that is almost clichéd, but we Canadians hold that dear, and it is important to us. That is what Captain Canuck is."

It was that representation of Canadian identity that first attracted Hakim to the character. He was six years old when he came across a Canuck comic at the Dixie Flea Market near Toronto Pearson International Airport. The '70s comic followed the adventures of Tom Evans, a secret agent living in a futuristic 1993, who gains supernatural powers after an encounter with extraterrestrials.

"I had my own money, 25 cents, and I bought Captain Canuck No. 1," he said. "I didn't remember reading the story but I do remember getting as many issues as I could. He was a patriotic character. He was vibrant. And then 'Canuck,' I didn't really know what 'Canuck' meant.

"I was born here, but am first generation, and, you know, singing O Canada in class, and the flag, and to see that in a comic book ... It puts things in perspective."

Hakim went from buying Canuck comics to introducing the character to a new generation after he met Richard Comely, the comic's creator. Hakim wanted to use the superhero's likeness on his restaurant's menu and approached Comely to see if he would allow it.

"I took a chance and emailed Richard and I couldn't believe it when he got back to me," said Hakim.

When the license for Captain Canuck became available, Hakim acquired the rights. One of the first people he brought on board to revamp the character was Paul Gardner.

"As a kid, I came from Scotland and I discovered the comic," said Gardner, creative director at Captain Canuck Inc. "I had Captain Britain over there, and they didn't have it here. Then, I saw Captain Canuck on a shelf, picked it up and fell in love with it. My way into Canada was sort of through the comic book."

The first question they asked themselves is what they would keep from the original series. "It went from being a fantasy — the big blue sky — to how do we do this practically so we don't have fans hate us," said Gardner. "It takes a village to raise a child; it's the same as taking a property like this."

While they changed the suit, and switched the gender of the character Blue Fox from male to female, they stuck to the spirit of Captain Canuck as a big boy scout with a conscious.

"We wanted to make this all inclusive, we wanted to make sure we stuck to our female audience and brought a bit more balance to the characters," said Gardner. "There is a big female audience."

"There are no big breasts, there is none of that nonsense," said Hakim. "So far, so great. We are growing it slowly, we are keeping it independent to the point where we have enough of a following we can take it to a bigger audiences."

Voicing the Captain

In the web series, Captain Canuck is voiced by Kristen Holden-Ried (Lost Girl, The Tudors), with Paul Amos (Lost Girl), Laura Vandervoort (Smallville) and Golden Globe nominee Tatiana Maslany (Orphan Black) also lending their voices to characters. The five episode series can be viewed at captaincanuck.com.

The man inside the leather

How do you dress Captain Canuck? Not in tights, that's for sure, says David Pea, president of UD Replicas. "There is a lot of 'been there done that' with spandex. They can be convincing and realistic but they can also look cheap," he says.

Pea's Toronto-based company makes motorcycle suit replicas of pop culture costumes, from the Dark Knight and Man of Steel to KISS jackets and Star Wars.

"What the studios do with millions of dollars and massive budgets to create their costumes on films we have to somehow reproduce out of leather for the public," he said.

Late last summer, Pea was approached to create a Captain Canuck suit. The costume was shown for the first time at Thursday's premiere of episode five of the animated series in Toronto.

"In the cartoon, Canuck has big shoulders, no waist and a little head, and they had to figure out how to get all that to work on a real person without it looking silly," says Pea. "It had to be done with human proportions." METRO

The mask

Taken from a life cast, a clay mold was later injected with red-and-white urethane rubber (the same stuff used for car bumpers and tires). Red earpieces were later attached and blue mesh lenses were placed in the eye sockets. "It looks bad-ass," says Pea, adding Canuck wears the mask over a white balaclava.

The maple leafs

There is the large, main maple leaf on the chest and on the back, but maple leafs were also silk-screened on each of the shoulders.

The effect

"It doesn't matter what you are built like when you put on our stuff," says Pea. "Even if our suits are too big on you, it naturally looks skin tight because of the muscle-wrapping design we have done. He is going to look like a tank. It is going to look like he has zero body fat."

The muscles

The Captain's shoulders, biceps, triceps, thighs and six-pack (more like eight-pack) were sculpted out of motorcycle-grade foam-body armour. The leather was then glued to the muscles and worked into the creases to make the suit look skin tight. It took more than a month to complete this phase.

The fabrics

The jackets and pants are made from a white heavy-grained Napa leather and two types of red suede. There is darker red suede for the details and a brighter red covered in silicone hexagon print. "It is a 3D-raised print and you can feel it with your finger when you run it across it. That was a nightmare to do, I am not going to lie," says Pea. "The philosophy of the character had to fit. He is a Canadian hero, so the fact it is made of something a little sturdier than spandex makes sense with our weather."

The boots

Also custom made, the knee-high boots are deep red with white trim. Snap buckles on the sides allow Canuck to pull them on. "These are the sexiest and coolest boots we have ever made and they scream Canada. There is no mistaking them for anyone but Captain Canuck." For the record, Canuck wears a size 11.

Canuck talk

Captain Canuck spared a few minutes from his crime-fighting crusade to answer a few need-to-know questions. Here is what red and white had to say:

Who is a Canadian hero?
Chris Hadfield sets an amazing example for all young Canadians — and he's one of the only men I know who can fly in space! A close second would be the True Patriot Love organization, which looks after all the men and women who risk their lives in military service.

Who is a zero?
There's a villain named Vex giving a succubus friend of mine a hard time recently. Reminds me I've got to return her Rush CDs...

What superhero would you like to go out with?
I don't have much of a personal life these days, but I did I hear Tessa Virtue's time has freed up recently.

Who is more patriotic, you or Captain America?
Being a patriot is not a contest for either of us. Curling, on the other hand... METRO

A brief history of comics

It's time to stop thinking 'comedians' when you hear the words 'Canada' and 'comics.' Here is a quick sampling of some of our illustrious illustrated past and present:

Johnny Canuck

Created as a political cartoon in the 1800s, this national personification was Canada's answer to Great Britain's John Bull and the U.S.'s Uncle Sam. Just like Barbie, Canuck was depicted as everything from a soldier to a "habitant" and a lumberjack — which is the basis for the Vancouver Canuck's logo.

Superman

We've all seen the "It will never fly" heritage moment; in 1933, Jerry Siegel and his Canadian cousin Joe Shuster created the building-leaping Man of Steel. Some of the original elements in the strip, like the name of the newspaper Clark Kent worked at, were inspired by Shuster's Toronto upbringing.

Golden Age of comics

When the War Exchange Conservation Act banned the import of luxury goods from the United States — yes, comics included — in the 1940s, a Golden Age of comics was started in Canada. Johnny Canuck was updated and new characters, like Nelvana of the Northern Lights, were introduced.

X-Men

Introduced in 1963, the popular comic series about humans with mutant powers had storylines take place in Canada — including how Alberta-born Wolverine had his skeleton bonded with Adamantium. The film series was partially shot in Canada, with Canuck actors portraying some of the key characters. Among them are Halifax's Ellen Page as Kitty Pryde, Shawn Ashmore as Iceman, and Canadian-born Anna Paquin as Rogue.

Alpha Flight and Northstar

First appearing in a 1979 edition of Uncanny X-Men, Alpha Flight was an all-Canadian superhero team that tried to capture Wolverine and bring him back to Canada. The team is made up of French, English and First Nation characters, and was spun-off into its own series. One ember of Alpha Flight, Northstar — Montreal-born Jean-Paul Beaubier — was one of the first openly gay comic book characters, and even married his partner, Kyle Jinadu, in 2012.

Tom McFarlane

A Calgary native, McFarlane worked on a number of famous comics in the '80s and '90s before creating his own character, the anti-hero Spawn.

Graphic novels

In recent years, Canadian cartoonists like Seth (Palookaville), Chester Brown (Louis Riel, Paying for It) and Bryan Lee O'Malley (the Scott Pilgrim series) have received acclaim for their graphic novels. METRO

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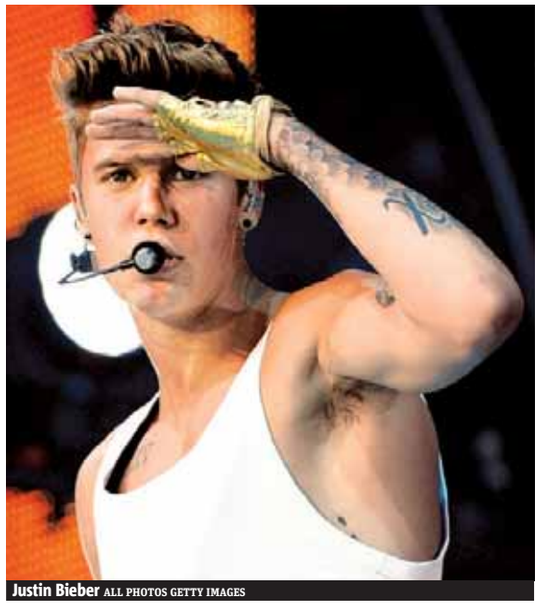


Justin Bieber ALL PHOTOS GETTY IMAGES

A banner day for Bieber: Police arrest sleeping fan and release urine-test vid

Police in suburban Atlanta arrested a woman they say was found sleeping in a bedroom at a home rented by Justin Bieber. Police say 23-year-old Qianying Zhao was found at the home Wednesday.

She told officers she had come to attend Bieber's birthday party and entered the unoccupied home through an unlocked door. But police say Bieber's party was earlier in the week at another location. She told officers she was Bieber's friend, but investigators believe she's one of millions of fans who follow him on Twitter. She faces a charge of criminal trespass.

Meanwhile, a Miami police video of Justin Bieber giving a urine sample for a drug test after his arrest on driving under the influence and other charges was released Thursday, with sensitive portions blacked out as ordered by a judge.

The clips show the 20-year-old singer standing behind a low partition to provide the sample. A black box is imposed over his lower half to conceal any glimpse of his genitalia.

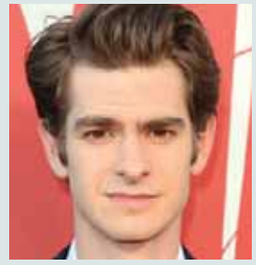
THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

You've Gotham be kidding — Spidey star kills Batkid honour?



MELINDA TAUB
Metro World News

Did Andrew Garfield refuse to present with Batkid at the Oscars?

If there is any truth to this rumour, Andrew Garfield may have pole vaulted past Justin Bieber and Shia LaBeouf to take the prize for most unlikable celebrity of the year. Shia just screams at Alec Baldwin, who can probably take it; Andrew, rumour has it, broke the heart of a little boy who survived cancer.

Garfield was scheduled to appear at the Oscars on Sunday with Batkid, the little boy with cancer for whom San Francisco transformed into Gotham for a day. The Spiderman star was to take part in an official ceremony to name Batkid an official superhero. However, Garfield apparently didn't like his lines and wanted to change them.

"Garfield refused to go by the script. He came up with his own lines. The producers felt that Garfield's (rewrites) were not appropriate. Garfield had a tantrum. He stormed off. Miles and his family, who were at the rehearsal, were devastated," a source told Page Six.

Producers decided to cut the Batkid segment from the show and sent Miles and his family to Disneyland instead — which, for a California kid, may not have been much of a thrill. I really hope Garfield's jerkishness is just a rumor, but even if he was a huge diva, it's not just him — this reflects terribly on everyone involved. Garfield, of course, comes off as a real jerk, but what would possess the Oscar producers to put such pressure on a small child in the first place?

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Liquid Assets

Wine warms up to soup

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Not every culinary creation was designed with wine in mind. Take soup for example.

The perennial meal starter has no one flavour profile. Hundreds of different recipes exist, so anointing a single wine to lord over them all is impossible.

Oh, and did I mention soup is mostly liquid? Wine doesn't play well with like-minded matter. Its idea of a perfect marriage is something solid that it can wrap its fruit, acid and, in the case of a red, tannins around.

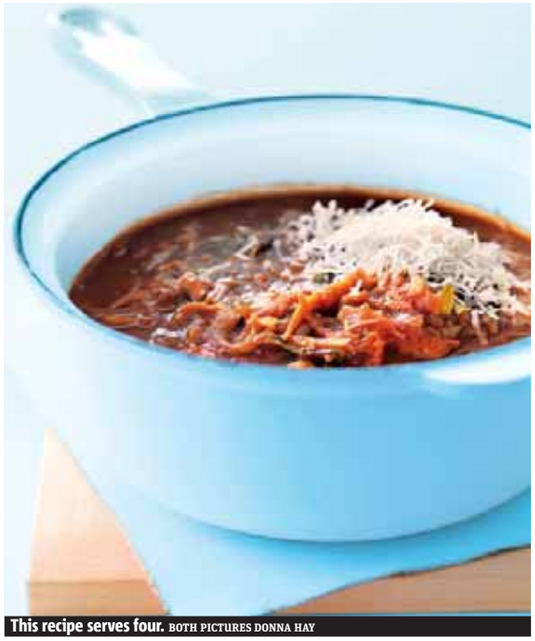
That said, some soup styles are more wine friendly than others. Just look to the fundamentals of their foundation.

Those with texture are accommodating and today's veg-based recipe has weight and stability, which gives it a level of solidity wines find appealing. I like low acid reds with this veggie-palooza.

Try a bright New World Merlot, a juicy French Beaujolais or a plump New Zealand Pinot Noir like Villa Maria's 2012 Private Bin Pinot Noir ($19.95 - $24.99) — a silky blend of cherry and strawberry that checks all the right boxes. **PRICES REFLECT RANGE ACROSS COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

With cold weather still gripping the nation, a steaming bowl of soup is sure to warm you up. Bestselling Australian chef Donna Hay shows us how, with this recipe from her cookbook Fast, Fresh, Simple.

Easy Vegetable Soup is as simple as chop, boil, simmer



This recipe serves four. BOTH PICTURES DONNA HAY

FAST, FRESH, SIMPLE
Donna Hay
gustotv.com

Nothing warms you up as quickly as a bowl of soup. This one features flavour enhancers such as onion, garlic and lemon thyme leaves as well as veggies and cheese to garnish.

1. Heat a saucepan over medium-high heat.

2. Add the oil, onion, garlic and thyme and cook for 3 minutes or until soft.

3. Add the tomato, stock, carrot, zucchini and parsnip.

4. Cover and bring to the boil. Allow to simmer rapidly for 15 minutes or until the vegetables are tender.

5. To serve, ladle into bowls and top with salt, pepper and Parmesan. **WATCH DONNA HAY FAST, FRESH, SIMPLE THURSDAYS STARTING AT 10 P.M. EST/PT ON GUSTO TV, CANADA'S NEW FOOD & LIFESTYLE CHANNEL. VISIT GUSTOTV.COM FOR FULL PROGRAM LINE-UP AND MORE GREAT RECIPE IDEAS.**

Ingredients

- 2 teaspoons olive oil
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 2 teaspoons lemon thyme leaves
- 2 cups (500 ml) tomato purée (tomato sauce)
- 2 cups (500 ml) chicken stock
- 1 carrot, peeled and grated
- 1 zucchini (courgette), peeled and grated
- 1 parsnip, peeled and grated
- sea salt and cracked black pepper
- finely grated Parmesan, to serve

Dessert

Baked Whole Lemon Pudding

- 1 thin-skinned lemon
- 1 1/2 cups (330 g) caster (superfine) sugar
- 30 g butter, melted
- 3 egg yolks
- 3/4 cup (180 ml) single (pouring) cream
- 2 tbsp cornflour (cornstarch)

Preheat oven to 160 C (325 F). Cut the lemon into 8 pieces and remove any seeds. Place in a food processor with the sugar and process until very smooth. Add the butter, egg yolks, cream and cornflour and process until smooth. Pour mixture into 4 greased 1-cup capacity (250 ml) ovenproof pie dishes. Bake for 22–24 minutes or until just set. Serve warm or cold with vanilla ice-cream.
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WORKOUT TO CONQUER CANCER
A fun fitness challenge

Get sweaty for a cause

Work up a sweat for a cause at this Saturday's one-day exercise extravaganza taking place at the Richmond Olympic Oval. Whether it's a hip-hop class you're after, or you're looking to try out fusion kickboxing or the latest barre fitness trend followed by a Zumba class, this event has it all under one roof. Join celebrity trainer and TV personality Tommy Europe as he gets your heart rate going. Tickets are $25.

10TH ANNIVERSARY CELTICFEST

10th Annual CelticFest Vancouver

Gear up for nearly 10 days of Irish-themed fun and festivities as CelticFest returns to take over Vancouver's pubs, bars and restaurants from Mar. 8 to 16. There will be nine days of jam-packed action fuelled by dance, theatre, music and more. With plenty of free and ticketed options on offer, don't miss scoring tickets. The grand finale will be the biggest St. Patrick's Day parade yet. For details visit: celticfestvancouver.com.

FACE OF TODAY

Gala fundraiser

The Rosewood Hotel Georgia sets the stage for this annual fundraiser, which helps young and underprivileged people reach their goals and aspirations. This year's gala event features a punk-couture theme, complemented by live and silent auctions, plenty of delectable bites, booze, a balloon lottery and raffle. It's a great cause and the perfect opportunity to pull on that cocktail dress for a night of goth-style glam (open bar included). For info visit faceoftoday.ca.

The Outdoor Adventure & Travel Show

All about the great outdoors

This weekend, quench your thirst for adventure and head downtown to the Vancouver Convention Centre to check out more the 250 inspirational exhibits and ideas. Plan the ultimate vacation to a far-flung destination, try your hand at SUP boarding, kayaking, fishing and more. Score great deals on the newest gadgets and latest camping gear so you'll be set for summer, and catch informative travel chats at free seminars. outdooradventureshow.ca.

VANCOUVER FARMERS MARKETS

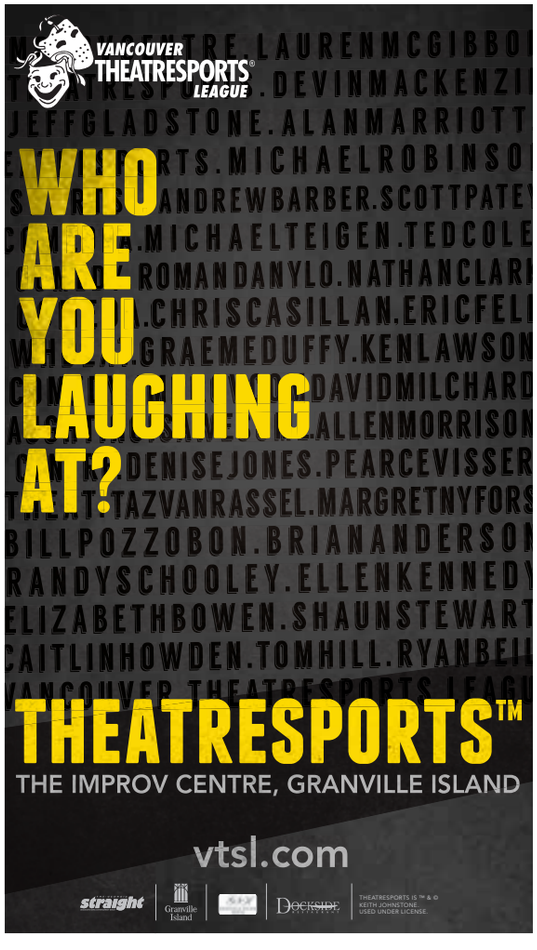
Eat Local

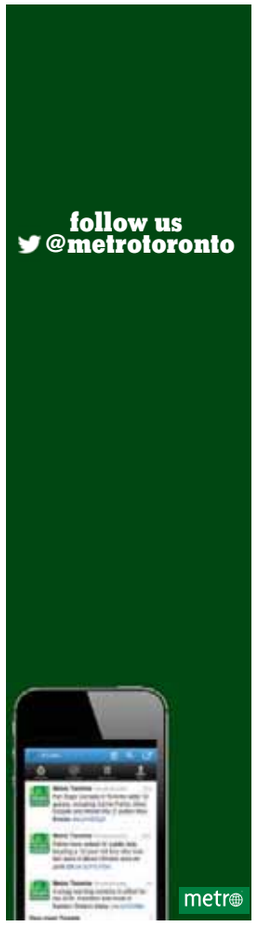
Head over to Nat Bailey Stadium this weekend and hand-pick a selection of the season's best. Hundreds of vendors will be on hand selling freshly picked goods, artisan offerings, baked breads, preserves, plenty of farm fresh produce and more. Find all the details here: eatlocal.org. Market is open every Saturday from 10 a.m. until 2 p.m.

the district

The District Brasserie 30 Days of Belgian Beer

Starting this Friday, it's all about European suds at North Vancouver hot spot The District Brasserie (13 Lonsdale Ave.) as they launch a month of Belgian brew bargains. Owned by Netherlands native Paul Mon-Kau (a Red Seal chef), discover daily Belgian imports and celebrate the official Belgian Beer Day later this month. For more info visit eatatdistrict.com.





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MLS

Ethen and his great escape

Ethen Sampson had to make a choice.

One of the options, living in Mitchell's Plain, which is about 30 kilometres away from Cape Town, included turning to a life of crime or as a gang member — there were drastic increases in murders, attempted murders and drug-related crimes last year in the township where Sampson grew up, according to Crime Stats South Africa, and gang wars continue to garner media attention.

Another was soccer. He opted for the latter.

And it's brought him from life in an otherwise dangerous part of the African nation to British Columbia and the Major League Soccer side Vancouver Whitecaps.

On Thursday, the club announced it had signed the 20-year-old right back to a homegrown contract. Under league rules, he qualifies for homegrown status having previously spent one year with the Whitecaps U-23 PDL squad.

"I can say it's difficult because there's a lot of gangsters and things like that," Sampson said of growing up in Mitchell's Plain. "I kept away from those things, just focused on … my football and my education."

Head coach Carl Robinson also seems to have no reservation about employing Sampson as a backup to Steven Beitashour.

"That shows the determination and heart he plays with and he full deserves this contract," said Robinson.

CAM TUCKER/METRO

Carl Robinson attends a news conference in Vancouver on Dec. 16, 2013, where he was announced as head coach of the Whitecaps. THE CANADIAN PRESS FILE

Robbo putting his stamp on Whitecaps

MLS. Vancouver hosts New York in season opener at BC Place

CAM TUCKER
cam.tucker@metronews.ca

Carl Robinson may not have been the first choice when the Vancouver Whitecaps began actively looking to hire a new coach.

But, after other hopefuls and candidates — Frank Yallop, Bob Bradley and Jason Kreis — chose to go elsewhere and as the start of training camp quickly approached, Robinson became the man for the job, having spent the past two seasons as an assistant under former manager Martin Rennie.

"It actually reinforced the decision to give him the opportunity because he was so professional throughout that whole process," said Whitecaps president Bob Lenarduzzi of Robinson.

It's Robinson's team now. On numerous occasions since he was hired, he's talked about putting his "stamp" on this club.

There's a level of intrigue from observers as to what kind of team this will be. Saturday's season opener between the Whitecaps and New York Red Bulls at BC Place Stadium will be the first indication.

From the accounts of players and Robinson himself, the Whitecaps hope to be an attacking team, with a combination of structure but freedom in their on-field strategy.

"I think every coach has their idea and identity," said Robinson this week.

"I like to attack. I like to get my attacking players on the field and if you've got more attacking players on the field, you create a lot of chances, you're more likely to score more goals.

"Having said that, I know you need to defend so it's important they understand their defensive responsibilities."

As the season opener gets closer, Robinson — who goes by the nickname of "Robbo" — can't hide his excitement. It helps his official debut comes against the Red Bulls, the team he ended his playing career with.

"It's hard, but it's enjoyable work. I'm very lucky to be given this opportunity and I'm going to make sure I grab it with both hands," he said.

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NHL. Seguin-led Stars add to Vancouver's plight with 6-1 drubbing

Tyler Seguin had three goals and two assists to lead the Dallas Stars to a 6-1 victory over the Vancouver Canucks on Thursday night.

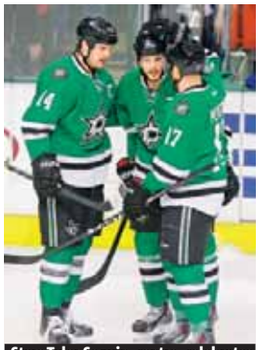
Jamie Benn, Alex Goligoski and Ryan Garbutt also scored for Dallas, which built a 5-0 lead. Kari Lehtonen made 31 saves, and Benn and Rich Peverley each had two assists.

Seguin scored twice in the first period, and completed his hat trick at 12:53 of the third. His third three-goal game this season tied Bill Guerin and Mike Modano for the Stars record. Seguin also has two of the NHL's six five-point games this season.

Vancouver's Zac Dalpe scored at 18:15 of the second period.

Dallas solidified its hold on the eighth and final playoff spot in the Western Conference, improving to 9-3-2 in their last 14 goals.

The fading Canucks, 11th in the West, dropped to 1-10-1 in their last 12 and fell four points behind Dallas.



Stars Tyler Seguin, centre, celebrates one of his three goals on Thursday, in Dallas. LM OTERO/THE ASSOCIATED PRESS

Canucks goalie Eddie Lack stopped only 12 of 17 shots before being replaced by Jacob Markstrom for the third period. Markstrom, acquired earlier this week in the trade that sent Roberto Luongo to Florida, had four saves. THE ASSOCIATED PRESS

Canucks doom and gloom

THE HOCKEY NEWS
Ronnie Shuker
vancouver@metronews.ca

If there's a bigger mess in the NHL than the Vancouver Canucks, feel free to point it out, because the organization looks like an 18-year-old's dorm room over March break.

The Canucks have a GM who has emptied the prospect cupboard and restocked it with Kraft Dinner prospects and Hungry Man draft picks. They have a coach with a history of handling young players with the grace of a bull in a china shop. They have an owner who can't get rid of either, or both, without eating some serious crow. Think of the severance-package sizes.

Yet with Vancouver now in full-on rebuilding mode, there's no poorer pairing to nurse along a youth movement, and little support on the actual team. With Roberto Luongo and Cory Schneider gone, and Ryan Kesler and Alexander Edler sure to follow in the summer, the Canucks are down to two cornerstones: The Sedins. But it's hard to believe that, at 33, the twins will want to stick around in hopes of raising a new crop of kids from cradle to cup.

The Sedin twins: Will they stick around to bring up a winning crop of Canucks youth? RICHARD LAM/THE CANADIAN PRESS FILE

There are worse teams in the NHL, but all of them have much brighter futures.

The Calgary Flames have been committed to a rebuild for more than a year now. The New York Islanders have one of the NHL's best players in John Tavares and a promising supporting cast in Kyle Okposo, Ryan Strome and Griffin Reinhart. The Panthers have an elite No. 1 goalie, a bevy of top prospects including Aleksander Barkov, Jonathan Huberdeau and Nick Bjugstad, and a new owner with deep pockets. The Buffalo Sabres have a dizzying number of high-end picks and prospects. And as bad as the Edmonton Oilers have been managed, they still have a tantalizing core in Jordan Eberle, Taylor Hall, Ryan Nugent-Hopkins, Nail Yakupov and Justin Schultz.

Rock-bottom bound?

"There are worse teams in the NHL, but all of them have much brighter futures."

Who does Vancouver have? Bo Horvat projects as a top-six forward, but his ceiling doesn't approach any of those players. Hunter Shinkaruk is an undersized, skilled prospect with second-line potential at best. Nick Jensen has all but fallen off the future map. And scouts now suggest Brendan Gaunce will top out as a career minor-leaguer.

The glory days are gone in Vancouver, and with the current disarray, there are none on the horizon for the fans.

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Horoscopes

♈ Aries
March 21 - April 20
Don't be afraid to disagree with authority. You respect the fact that they outrank you but you also know that if you do as they say you will regret it. Aries is the first sign of the zodiac so put your needs first.

♉ Taurus
April 21 - May 21
You may be willing to change your plans to help someone out today but don't let them tell you that you are obliged to do so. Let them know this is a one-off situation.

♊ Gemini
May 22 - June 21
You may be annoyed that a loved one failed to consult you before taking a course of action that affects you, but don't let it show. Frankly, there are more important things you should be focusing on.

♋ Cancer
June 22 - July 23
The journey you have started on may be long and hard but you are determined to reach the end, and with Jupiter on your side again there is no doubt you will succeed. Do you believe that? You should.

♌ Leo
July 24 - Aug. 23
The planets urge you not to plan too far ahead because even routine matters are likely to change over the days, weeks and months to come. You also need to be flexible.

♍ Virgo
Aug. 24 - Sept. 23
It's possible to be too generous and at some point today you will realize that your sympathy for someone was misplaced. There is no point getting angry about it, but try not to make the same mistake twice.

♎ Libra
Sept. 24 - Oct. 23
You have a tendency to fear the worst but with Jupiter moving in your favour again you will be visualizing all sorts of wonderful things. Good. What's in your mind's eye today will be reality tomorrow.

♏ Scorpio
Oct. 24 - Nov. 22
Someone you meet over the next few days will inspire you creatively and maybe romantically too. Will this new liaison stand the test of time? There is no way of knowing but it will be fun finding out!

♐ Sagittarius
Nov. 23 - Dec. 21
Someone will offer what sounds like good advice today but the planets warn they are thinking of their interests rather than yours. Listen to your inner voice.

♑ Capricorn
Dec. 22 - Jan. 20
No matter how well you have planned things, there are sure to be hold-ups and disruptions today and over the weekend. Promise yourself that you won't get angry with people who move and think slowly.

♒ Aquarius
Jan. 21 - Feb. 19
You are unsure whether to push ahead with a new plan or to hold back and see how things develop. Hopefully it will be the former. The longer you wait, the more likely it is others will get ahead of you.

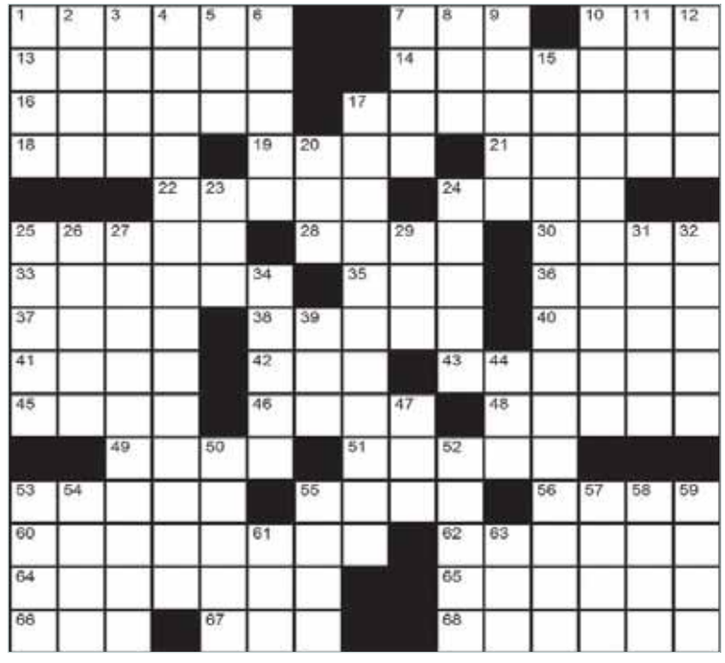
♓ Pisces
Feb. 20 - March 20
Someone you are fond of has made a silly mistake and feels bad about it. Give them an uplifting pep-talk. It's what they do next that counts.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

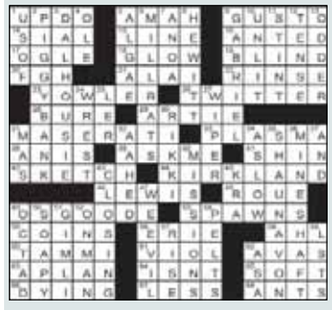
BY KELLY ANN BUCHANAN



Across
1. British Columbia city
7. US cable channel
10. Li'l music trio
13. City in northern Spain
14. The Wind in the Willows writer, Kenneth __
16. Put down floor tiles again, say
17. Fashionable-no-more
18. Towering
19. Ms. Andrews, new "Dancing with the Stars" co-host
21. Tears apart
22. Dietary designation on food packages
24. Baroque painter, Guido __ (b.1575 - d.1642)
25. Monastery boss
28. Extinct bird of Mauritius
30. Isle of exile for Napoleon
33. Mil. officers
35. Cacharel perfume
36. Unappealing food
37. "Cold Mountain" (2003) heroine, and others
38. Indiana basketballer
40. Ms. Pinkett Smith
41. Ms. Campbell
42. Granny, in Germany
43. German actress Diane
45. From the beginning
46. He-sovereign
48. Bird's task, building _ __
49. To laugh: French
51. Of prophets
53. Get the answer
55. Jean Arp's art
56. Zap
60. Plato title character ...a work by the ancient philosopher in which Socrates also features
62. 'The Cold Capitvl Project' Hip-Hop artist from Ottawa, F.__
64. Vexing
65. Amends-making person
66. Top with jeans
67. NBC show [acronym]
68. Lady's title in Spain

Down
1. Type
2. Iris spot
3. Streamlet
4. TV series, "The __ __ of Vancouver"
5. Q. "What's actor Mr. Asner's first name?" A. "__, _ believe."
6. Sing, Alps-style
7. "Son of _ __!"
8. "The A-Team" star, __. _
9. Inner circle
10. 1931 Emily Carr painting, Zunoqua of the __ __
11. Captain Hook's sidekick
12. Mr. Beatty's
15. Yukon locale, the 'Gateway to Kluane': 2 wds.
17. #10-Down's painting type: 3 wds.
20. Gnarly!
23. _ _ & _ (Telecommunications company)
24. Howard __ (The Fountainhead architect)
25. Rod Stewart's first wife
26. VP Joe
27. Body of water on Montreal's Mount Royal: 2 wds.
29. Bambi's mother
31. Foretells
32. Isolated
34. Talked
39. Friend ...en francais
44. Actress Aishwarya
47. __ about (Rove)
50. Additional attempts
52. Spanish appetizers
53. Saliva
54. Elbe tributary
55. Fencing fight
57. Cornerstone word
58. Suffix with 'Game'
59. Vampire Weekend singer Mr. Koenig
61. '70s President (Monogram)
63. Path [abbr.]

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			6				8	5
	2		5				6	
		1			7	9		
8				2	9			
	3	9				4	2	
			3	7				8
		2	7			1		
	7				2		4	
3	4				6			

Yesterday's Sudoku

3	5	8	2	9	4	6	7	1
6	2	7	5	1	3	4	9	8
4	9	1	7	6	8	5	2	3
8	7	2	3	4	9	1	6	5
1	3	9	6	2	5	7	8	4
5	4	6	8	7	1	2	3	9
7	1	5	9	8	2	3	4	6
9	6	3	4	5	7	8	1	2
2	8	4	1	3	6	9	5	7

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